

*KILL—  
OR GET KILLED*

ABOUT HOW MANY PUNCHES WOULD ORDINARILY BE  
REQUIRED TO KNOCK OUT A MAN?

ONE GOOD SOLID BLOW TO THE CHIN WILL  
SETTLE FURTHER ARGUMENTS. A POWERFUL BLOW  
UNDER THE HEART OR A POWERFUL BLOW TO  
THE SOLAR PLEXUS WILL ALSO TELL THE TALE.

---

WE KNEW THE DISABLING STRIKE WITH THE  
SIDE OF THE OPEN HAND AGAINST THE  
CAROTID ARTERY OR THE WINDPIPE, AND THE  
STUNNING OR FATAL BLOW AT THE BASE OF  
THE BRAIN

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# *KILL— OR GET KILLED*

By Major Rex Applegate

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Harrisburg, Pennsylvania

*To my friend*

GUS PERET

*Sportsman, expert shot, and a true  
exponent of the doctrine of offense*

## Publishers' Foreword

This book is the result of study and practical experiences of experts in the various fields of combat discussed herein.

The material is as practical as could be conceived. It is presented not as a compilation of all combat methods and techniques, but rather as a selection of the best and most practical methods now being used.

Although it was compiled by an army officer and the military aspect has been stressed throughout, the principles and methods shown here are easily applicable to all law enforcement agencies, civilian defense organizations and like units. Police and law enforcement agencies in particular would do well to pay heed to these methods, because after the present conflict, as after no other war, the world will be faced by criminals who will take advantage of their military training in offensive combat to run riot in a post war world ripe for trouble. Law enforcement agencies should include in their training programs offensive methods to cope effectively with such problems, in addition to the methods of restraint, and self defense now being practiced.

THE PUBLISHERS.

## Preface

The importance of training the American soldier in techniques of close combat beyond the basic instruction in rifle and bayonet fighting is recognized under the conditions of the present war as never before in our military history. I have tried to outline in this book a system of training in methods to fit the realities of the case, including instruction in unarmed combat, disarming, knife fighting, and methods of fighting with unconventional weapons.

Throughout the book I have tried to make the instruction simple, specific, and practical. Indoctrination in the offensive is the basic idea on which all effective combat methods are built, and I have kept this requirement steadily in mind.

The enemy uniforms in many of the pictures were used for the sake of realism, but all the pictures were posed by United States soldiers.

For my own education in close combat technique, I wish to acknowledge a special indebtedness to Mr. Gus Peret of the Peters Cartridge Company, Mr. J. H. Fitzgerald of the Colt Patent Firearms Company, and to Major W. E. Fairbairn and Captain E. A. Sykes of the British Army, and also to those men presently collaborating with me in giving instruction in this field whose names I am not at liberty to mention.

REX APPLGATE.

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## Chapter 1

# UNARMED OFFENSE

### *Origin and Development*

As in the invention of gun powder and the compass, the Chinese are recorded in history as the first to develop a technique of unarmed combat. Chinese monks are reputed to have developed such a system to protect themselves against robber bands and nomad tribes. Over a period of centuries involving experiment, trial, error, and the loss of life, a system of unarmed combat has been developed which has remained basically unchanged.

The Japanese, soon after the twelfth century, became interested in this type of combat, and adopting Chinese ideas, began the development of their famous jiu-jitsu technique. They gave to jiu-jitsu a mythological background and developed a form of religion based on the application of its principles. Before 1900 many variations of jiu-jitsu were taught. Then a professor named Kano established a school for the purpose of studying and applying this method of unarmed combat. The new system was called judo. At present judo, which has been given an aura of mysticism, is used in body building to develop an offensive spirit. It is a part of every Jap soldier's basic training.

In the early 1920's a branch of a group teaching judo established itself in New York City and later the teachings spread throughout the larger cities in the United States. Initially it was practiced principally by Orientals and did not gain much popularity among Americans because, as in all things Oriental, it involved a tedious amount of practice

and a great deal of patience. In later years, some unscrupulous instructors set up schools and sought wealthy young men as pupils. The pupil was told that he was being introduced to an age-old secret method of combat, which had come down through centuries of Japanese history, and he was then initiated into some of its basic fundamentals. As time went on and he grew more interested, he was told that for an additional sum he could learn more holds and tricks. It was a lucrative racket. Naturally the majority of the schools of judo are sincere and run on a legitimate basis.

Between the last war and the present, a number of books were written by experts in judo, jiu-jitsu, and unarmed combat technique. Most of them have stressed defense as their sole purpose. Indeed, the new Army Field Manual on this type of combat, dated June 30, 1942, is called *Unarmed Defense for the American Soldier*. Instruction given in the past to police and other law enforcement men have all stressed self-defense and restraint as the background of unarmed combat.

With the advent of World War II, public interest, as always in time of war, has been directed toward fighting and methods of combat. The desire of the American soldier and the American common man for knowledge of fighting techniques has greatly increased.

### *Present Day Status*

Throughout the country today numerous articles are being written for publication in our magazines and newspapers, and illustrations are being printed in the rotogravure sections of leading dailies of so-called "rough stuff" and underhand ractics. Throughout our armed forces various schools of instruction and courses are being given by individuals who are qualified along orthodox lines and in many cases have had a great deal of police or other restraining types of man handling. But no one has yet outlined a uniform system of instruction or a constructive training course for unarmed fighting with the grandstand and nonpractical methods eliminated. Moreover the Army needs a manual on "Unarmed

Offense" as well as one on unarmed defense. All unarmed combat should be taught on the theory that it is useful to a man only after he has lost his weapons.

The knife is the ideal weapon for close work. Its use should be encouraged and adopted by all units of our armed forces because of its deadly and silent effectiveness, the confidence it gives a man skilled in its use, and the psychological effect of a bright blade upon an opponent.

Most of the unarmed combat which is taught in our armed camps today is ineffective and not practical from the operational standpoint. This is because we lose sight of the fact that what a man is taught in this type of training must be simple, able to be executed with great speed and practiced intensively until he instinctively reacts with the few blows, kicks, and releases that are necessary for his fighting education. Too many of the tricks taught to our men are not practical because they are not quick enough, or because they do not permanently disable an opponent. They are useful only as a means of restraint. A good many instructors rely too greatly on the assumption that an opponent will stand still, allowing the student to apply a hold.

Any one indulging in close combat cannot expect to get away without injury to his own person. Too many people have been given the impression that such methods of combat provide a magical means of subduing an opponent, without personal risk.

Books on this subject illustrate many effective releases from grips around the waist, under the arms, and other encumbering holds. But their proponents have all lost sight of the fact that although these holds and releases are effective in the isolated cases of a few highly trained and experienced men, no one but an absolute fool would ever allow a man to apply them while his arms were free and his own animal fighting instincts were aroused.

Any individual in combat in which his life is at stake very quickly reverts to the animal. There is a few seconds of lucid thinking (varying with individuals), and, if he is well-trained, he will then automatically plan his offense. After a

few seconds, and especially after he has been hit or jarred by his opponent, the blood-lust is so aroused that from then on his combat is instinctive. Hence the reason for a simple type of instruction with a great deal of emphasis on the few elementary methods which can be easily and instinctively used in combat after practice.

### Queensbury Rules Obsolete

This chapter on combat without weapons is written with two objects in view: brevity and simplicity. Numerous texts have been written on this subject, but most people will find that they are rather complicated and contain a good many useless things. We shall endeavor to reduce it to its lowest common denominator. We do not want to make a professional out of the average individual, but rather to teach a few simple tricks which he can learn in a few minutes and use after practice. Although the style of fighting which involves kicking a man when he is down, gouging out his eyes, and kicking him in the testicles does not appeal to the average American, we must forget the Marquis of Queensbury rules of sportsmanship when dealing with our present enemies.

Ruthlessness is what we seek to achieve. It is best defined in two words: speed and brutality. In this type of fighting, it does not matter much what is done so long as it is done fast and as if life depended on it, because it probably does. The two chief elements of success are surprise and speed. This applies as much to the individual as it does to the strategy of armies. We are aiming at attack alone and never at defense. Attack should be such that each blow will be intended to kill or disable. Each attack is also defense.

This type of instruction teaches a man to fight and kill without the use of firearms, knives, or other lethal weapons. It is designed for use when those weapons have been lost, which should be avoided at all costs, or when the use of firearms is undesirable for fear of raising an alarm.

At some time or other all of us have been taught the rudiments of boxing under the Queensbury rules. These rules enumerate, under the heading of fouls, the principle targets

which the boxer is not trained to defend. At the present time we are in a war. Our aim is to kill our opponent as quickly as possible. A prisoner is a handicap and a source of danger if we are without our weapons. Forget the rules and use the so called "foul" methods. These methods help to kill quickly. Hit the opponent in his weakest points. He will attack yours if he gets a chance. As a course of instruction of this type is designed to teach to kill, its practice and methods are dangerous without adequate instruction and supervision.

The principles of unarmed combat are largely those of judo, various other styles of wrestling, boxing, Chinese boxing and self-defense devices and rough and tumble tactics. The importance of this type of combat lies not alone in the extreme offensive skill which its students can achieve, but also in the fact that any man, regardless of size or physique, once well trained in this technique has a supreme self-confidence in himself and his fighting abilities which he could not achieve in any other way.

To pick up a book on unarmed combat, no matter how well illustrated or clearly explained, is not sufficient to develop a fighter of this type. Actual demonstration by an instructor and supervised practice with other students is supremely necessary.

It is best to pair off smaller men with larger men in practice. That is the only way in which a man of small stature can gain confidence in his fighting ability, because no matter how many times he sees these offensive techniques demonstrated by larger men, he will never have confidence in their use for himself. He will always subconsciously feel that "that's all right for those big guys, but how about me?"

Any hold should be regarded as a means of getting a man into a position where it will be easier to kill him, and not as a means to keep him captive. The whole idea of releasing yourself from a hold or in applying one is to enable you to kill. The disengaging move should form the beginning of an attack. This same emphasis should be placed on disarming technique.

*Balance—Mental and Physical*

One of the basic fundamentals of unarmed body combat which must be firmly ingrained in a pupil from the very start is body balance. The man whose body is not perfectly balanced cannot utilize his strength, but can have his lack of balance used against himself to the benefit of his antagonist. The use of balance, as well as the use of your opponent's weight and strength when he is unbalanced, is one of the basic fundamentals of the famous jiu jitsu technique. Body balance depends entirely on the position of feet. If the feet are kept the same distance apart as the width of the shoulders, you are balanced. Consequently, the feet must never be stretched wide apart or placed close together. It is advantageous to keep the knees slightly bent and arms hanging loosely at the sides.

In exciting circumstances, such as in vital combat, the condition of physical balance can only be retained by having mental balance. The first thing to do when on the offensive is to weaken the opponent's balance mentally and physically. Anything you can do to shake his mental processes may be the deciding factor. Yells, screams, grimaces, groans, etc., are all important.

A push or pull applied to shoulders or other part of the body weakens and breaks his body balance. Once off balance, his offensive powers or his strength cannot be utilized to any great extent. In this manner a man who attacks first and throws his opponent off balance has a decided advantage regardless of difference in size. In this type of combat, we hit, chop, thrust, poke, or kick vital points of the opponent with the fist, the elbow, the knee, the feet, and the heel, edge or palm of the hand.

*Practice Essential*

All types of hand to hand combat which demand set positions for the attacker and his opponent are useless when you find yourself projected into accidental actual combat at an unexpected time. The only solution for those who have been students of this type of fighting is months and years of

practice so that they react instinctively to set positions of an opponent. The other answer is the type of combat which we are trying to achieve which does not depend upon any certain stance or position to achieve results. We must learn to hit not only "where" and "how," but from all positions by acquiring skill in striking, poking, and kicking, by constant practice with the aid of dummies.

To achieve the best results in unarmed combat, practice, as in all things else, is desirable. The British armed forces, Commandos, Home Guard, and certain units of the United States armed forces, have been given instruction of this type. A few basic holds and blows dealing with the edge of the hand, chin jab, and kicks, can be easily mastered by any individual regardless of his size or strength. Some of the releases and offensive tactics will certainly not be as easy for individuals of smaller physique as for a larger man, but with few exceptions, everything in this book has been tried and tested as a means of attack and was selected because it was a simple, deadly system of fighting. Basis of selection was the theory of what the smallest man can do to the largest man.

### *Vulnerable Parts of Body*

A man's body is made up of many parts; some are soft, some are hard, some bend, some do not, in some places nerves are near the surface. The following are the weak points of man's anatomy which are most vulnerable to attack.

*The Crotch:* The testicles are the most vulnerable and sensitive part of a man's body. Any strong foot or hand blow delivered in the crotch will enable the weakest man to knock the strongest man senseless or to disable him to the point where he is easily finished off by some other means. The strongest holds can be broken at any time by grasping an opponent's testicles and pulling and twisting them.

*The Chin:* The time-honored American punch on the jaw is hard to beat. Delivered by a skilled boxer it puts a man down for the count. The force of the blow on the point of the chin causes a form of concussion and we have the

so-called "knockout." This same result can be obtained by a blow from the heel of the hand, which packs a terrific wallop. Further, it is much easier for those inexperienced at boxing, has more of an element of surprise, and can be used from shorter starting distance.

*The Windpipe:* A blow with the edge of the hand across the edge of the windpipe causes temporary, if not permanent, blackout. The blow has the same effect as results in crushing a piece of copper tubing with a sharp-edged instrument. Blows on the sides of the throat and on the large cords at the back of the neck will cause dislocation, concussion and very often a break. Very few physiques will stand edge of the hand blows on these spots, the only exceptions being those individuals, like wrestlers, having exceptionally well-muscled necks. The effects of such a blow on the windpipe can be easily demonstrated by having some one place his thumb in the small hollow at the base of your throat, pressing gently.

*The Bridge of the Nose:* An edge of the hand blow delivered at the point where the nose joins the bony structure of the brow causes a crushing of the most fragile part of the bony structure and brings unconsciousness and possible death from cerebral hemorrhage.

*The Kidneys and Small of Back:* A glance at a physiology book will show you that the main muscle cords and nerves of the body branch out from the base of the spine at a point very near the surface. In this area, a sharp sudden blow has a great stunning effect. The entire section across the back about six inches above the base of the spine, including the right and left kidneys, is sensitive to this form of attack.

*End of Spine:* A blow with the edge of the hand on the end of the spinal column will often result in unconsciousness especially if an individual is stooping over. Although it is not always certain, it is often easy to give this blow when locked in combat and grappling with an opponent.

*The Nose:* A blow with the edge of the hand directed underneath the nose in an upward direction toward the forehead causes a crushing of the frontal bones, unconsciousness, and cerebral hemorrhage.

HEEL OF THE HAND

*The Navel and Solar Plexus:* One inch below the navel is another vulnerable spot, which, if hit by a finger jab or other sharp blow, will cause unconsciousness. However it is not too easy to find this spot. It must not be confused with a blow to the solar plexus which is delivered above the navel in and up under the rib structure.

*The Knees:* The knees are particularly susceptible, because of their hinge type of structure, to hard blows, especially those struck by the feet. If we kick a man from behind on the back of his knee, he will fold up off balance and may be polished off that much faster. Blows or kicks delivered directly at the knee cap from the front or directly from the right or left side of the knee when the leg is straight will cause a break. Even light blows delivered in this manner cause dislocations of tendons and cartilages, such as are common among football players, known as "football knee."

*The Arms:* The arm has three joints, the shoulder, the elbow, and the wrist. Nature made them to bend one way only. If you force them in the opposite direction of the hinge, they will either break or cause your man to go down.

#### *Blows Using the Hands*

The best blows using the hands are delivered with the fist or the heel of the hand or the edge of the hand. Blows struck with the fist (uppercut, haymaker, jab) are most effective when the user has had considerable experience in boxing. It will take up to six months to learn to deliver a positive knockout blow with either fist.

The heel of the hand blow to the jaw is the simplest and most effective of all blows of this type and when used in conjunction with a kick to the testicles, which causes the opponent to bend forward, will often result in a neck fracture. The beauty of this last blow is its simplicity. In applying the fist blow technique, a man not used to using his fists may easily break a finger or cause a dislocation or cut himself on his opponent's bony facial structure.

### Kicking

A kick delivered toe foremost and aimed at a narrow target is not accurate enough, particularly when the slightest move on an opponent's part will cause you to miss and leave you off balance and wide open for his retaliation. Kick with either the inside or outside of the foot. This blow delivered with the aid of heavy footwear, gives a striking surface of the length of the foot from heel to toe. When properly delivered with the body bent low in the opposite direction of the kick it does not leave you unbalanced in case of a miss or a near miss. The kick should be delivered from the front directly at or a few inches below the knee cap. If the kick is delivered in a downward direction instead of in a horizontal direction at the knee, allow the foot to scrape on down, putting the weight at the finish across the ankle joint. This has the effect of bruising the tender shin bones and crushing the small bones on the top of the foot which are very fragile and unprotected.

If this blow is delivered properly, the knee will go out,



Kick delivered directly at knee from front. Note the crouch and balance of the attacker, and how he uses the side of his foot.

The kick follow-through—crushing the bones on top of the foot.



Kick to side of knee.



Kick from the rear, unbalancing the opponent.

or if the knee is in a slightly flexed position, not getting the full benefit of a blow against its hinge, the foot will be crushed and rendered completely useless by the follow up down the shin. The effect is to cause him to topple to the ground thus leaving him open for an easy kick to the rib area or temple, after he is down. The same kicking blow delivered against the knee from the side will have the same effect as the one from the front. At any time a kick on the shins will cause the strongest man to lurch forward and stick out his chin which leaves him open for the chin jab or uppercut.

### *Stay on Your Feet*

Don't believe that a mastery of these elementary techniques will give a magic formula which will bring you through all types of unarmed combat unscathed. Your main purpose always is to inflict as much damage as quickly as possible and at the same time to receive as little as possible to yourself. Two good rules in combat of this type are: (1) Keep your opponent at arm's length by using hand and feet blows. (2) Never go to the ground with your opponent because this means getting close to him, and being close, you will

not have room to see what he is up to or to work yourself.

Although a cardinal rule in this type of combat is never go to the ground with or without your opponent, due to all conditions under which this fighting may take place, knowledge of the art of falling is very worthwhile. To be able to fall properly takes many hours of practice and such knowledge and descriptions of methods can easily be procured through any book dealing with tumbling and its allied subjects. As there is much difference between falling on mats and falling on uneven rocky ground, it is obvious that you should concentrate on remaining on your feet.

Let this one thing be said, however. Once going to the ground, never stop moving—start rolling and get to a position whereby you can easily regain your upright position. It is not necessary for you to follow your opponent to the ground once you have placed him there. Your feet are the weapon by which you can finish him. Remember that if you once get to the ground and remain immobile, you are at your enemy's mercy and vulnerable to attack from his feet.

### *The Chin Jab*

This extremely effective blow is so named because its only use is on the chin area. It must be delivered up and under the chin with the heel of the palm, fingers extended to give palm rigidity. The more directly underneath the chin it is, the more power it will pack. It is executed with a bent elbow and a great deal of the upward body force can be utilized at the time of impact. The further forward the chin is extended at the time of the blow, the more devastating will be the result. If a knee thrust to the testicles or groin is used in connection with a chin jab, the body will be automatically bent forward, leaving a perfect set up for this particular blow. It results in unconsciousness and possible neck fracture if delivered with sufficient force.

The arm or hand does not have to be drawn back in beginning execution of the blow, but can be hanging at the side, fingers hooked in belt, hand resting on a lapel, or in any other nonchalant position. An average man can cause a



Hand position for a chin jab, showing splayed fingers to give palm rigidity.



Chin jab combined with knee to testicles.

knockout with only six inches of traveling distance from the start of the blow to the point of impact. The element of surprise is most useful in close quarters where time, space, or circumstances do not allow the hand and arm to be withdrawn for a long haymaker. A neck fracture can be caused by gripping your opponent's belt with the left hand and jerking him forward at the moment of impact with your right. It is also desirable to use the fingers of the striking hand on the eyes following the blow.

#### *Edge of the Hand*

The most effective of all blows is the edge of the hand blow. It is valuable because it can be utilized at vulnerable spots of the body which would not be susceptible to blows from the fist or heel of the hand. The edge of the hand blow is delivered with the fingers extended, close together, thumb upright and wrist locked. The striking surface is the cushioned part of the hand between the base of the little



Proper hand position for edge of hand blow.



Horizontal blow.

finger and the edge of the palm where it joins the wrist. It is very important that the thumb be raised to an upright position because it prohibits the hand from remaining in a clenched position and the fingers automatically extend. The striking surface is well padded and its length, varying with the size of different hands, is roughly three inches. The thickness of the palm in most cases is around one inch. Contrast the striking surface in square inches of this area with that of a clenched fist—where you have roughly eight square inches of striking surface, with the edge of the hand you have only two or three square inches. Therefore, a blow delivered in this manner gives a sharp-edged effect causing a break, fracture, or concussion because of the force expended on a relatively small area.

Around the neck and the cords on either side of the back of the neck, the base of the skull, the sides of the neck, the windpipe area just below the Adam's apple, the bridge of the nose, the kidneys, and the end of the spine, this type of blow has a very devastating effect. The bones of the fore-



Above: Hand blow to forearm.

Below: Hand blow to windpipe.



Above: Hand blow to base of skull.

Below: Hand blow up under nose.



Hand blow to kidney.

arm, the collar bone, the end of the chin, and the wrist area will fracture when subjected to such a blow. It should be delivered with the elbow bent, utilizing body force behind it with a *chopping* motion. The last is important because it helps to localize the force of the blow in a small area. If you deliver the blow and do not quickly draw back your hand from the part of your opponent's body attacked, a great deal of the striking force is expended over a larger area and thus becomes less effective.

This blow can be delivered with either hand in a downward direction or directed horizontally palm down as would be done in a backhand sabre stroke. The best position from which to use the horizontal edge of the hand blow is with the right foot forward, and with the favorite hand (usually the right). In this position your body weight can be utilized more fully. The reverse foot position applies for the left hand. With a somewhat lessened effect, the blow can be delivered with either hand and from any free position where the arm can be swung.



Hand blow to bridge of nose.

Of all the blows and attack methods described in previous pages, the principle one is still a blow delivered in any manner whatsoever to the testicles. Any such blow will immediately pave the way for a quick liquidation of your opponent whenever it is delivered with sufficient force. Any hold, come along, or other restraining device put upon you by an opponent can be quickly broken if you can strike a sharp blow to his testicles, or grab them with your hand, squeezing and jerking. These organs are the "Achilles heel" of man's anatomy.

An eye gouge, a bite, or a lip tear is always good at close quarters as a means of disengaging your opponent's hold or weakening him before the final finishing off process. The eye gouge is best accomplished by placing a thumb on the inside of the eye socket next to the nose and flicking the eye ball out toward the edge of the cheek. However, in itself this is not sufficient to permanently put a man out of action once his fighting instincts are aroused. The same is applicable to the



Hand blow to neck.



Hand blow to tail bone.



Eye gouge.



Lip tear.



Chin jab and trip.



Chin jab and trip follow through.

lip tear—hook your thumb in the corner of the mouth and tear toward the hinge of the jaw.

Using the elbow against the mid section or other tender part of the anatomy is always good and very effective, as well as such other stratagems as stamping on the instep, kicking the shins, pulling hair, breaking fingers. One or a combination of these things is sufficient to effect a release from nearly any encumbering hold, such as a grappling hold from the rear or front, or a standing front choke hold. Any choke hold can be broken if you can grab one of the fingers and break it off.

The following are additional tried and proven methods for use in certain circumstances where weapons are not available.

### Chin Jab and Trip

If you wish to down an opponent while passing him on the street by utilizing your advantage of surprise, this is a very simple and effective means which can be executed without any suspicious warning movements. As you pass your opponent (on his right side) at the time when you are directly opposite him, place your right leg in the rear of his right leg and execute a chin jab from a position of hands at side. He will go down and out. The leg in the rear has the effect of causing the body to go up and come down with more force.

### Sitting Neck Break

If your opponent is sitting in a low-backed chair, approach him from the rear and as you pass by on the right or left side, at the point in which you are opposite him, with the arm nearest the victim, reach across and under his chin with the hand coming around to the back of the neck. From this position, a contraction of the arm muscles plus an upward and backward jerk, will cause his neck to break in-



Sitting neck-break.

stantaneously. It can be done almost without breaking your stride.

If you are standing at the side of an opponent, clench your fist and strike him in the testicles with the hand on the side next to his body. This will cause him to bend forward for your follow up which will be an edge of the hand blow at the back of the neck or the base of the skull.

### *Ear Concussion Blow*

Approaching your opponent from the rear, you can rupture his eardrums by cupping both hands and simultaneously striking them against your opponent's ears. A type of concussion results which causes the victim to become, according to



Ear concussion.



Ear concussion.

the timeworn phrase "slap happy" and makes him an easy subject to do with as you will.

#### *Kicks to Kill*

After your opponent has been downed, the kill can be made with a kick. This can be done with either the toe of your foot to the temple or by driving the back edge of the heel into the rib section, throat area, or heart area with great force. In either case, it is best to be wearing heavy boots or other heavy footwear. When using the heel to finish off your opponent, it is best to use one leg only, driving into the rib section or other vulnerable point. Thus you may more easily maintain your balance than if you jumped on your opponent with both heels. This latter method of using both legs is par-



Toe to temple.



Heel to chest.

ticularly dangerous if the ground is uneven or the fallen man rolls, because you are apt to lose your balance and go to the ground with him. Unless you have unusually good foot work and balance it is not advisable to try to kick a standing man at any point above knee height unless his hands are otherwise engaged. The "Savate" or French method of fighting with feet is a very difficult art to master and if faultily employed, can result in disaster to the attacker.

### *Neck Pressure Points*

There are numerous pressure points on the body which will cause severe pain if certain nerve centers are pressed. However, they do not have any permanent damaging effect and can only be used to break holds. Other means mentioned before are better for this purpose. However, due to a specific use, one nerve center is worth mentioning. If a man is lying on the ground, faking death or unconsciousness and you desire to arouse him, lean over him and with your middle fingers press on each side of the head into the points on his skull where the jaw bone hinges. By pressing in and



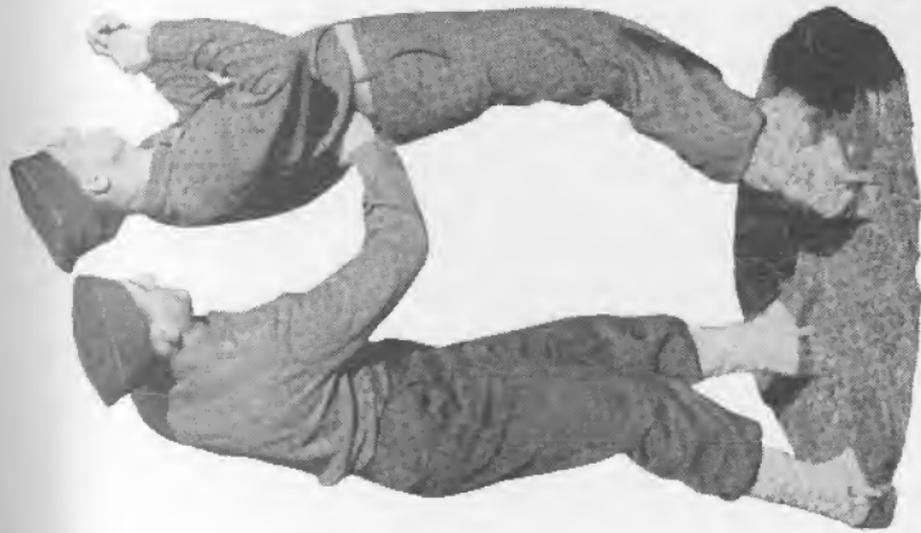
Neck pressure points.

up toward the top of his head, you will cause such pain that no man who is pretending can stand it. He will come to his feet or give himself away instantly.

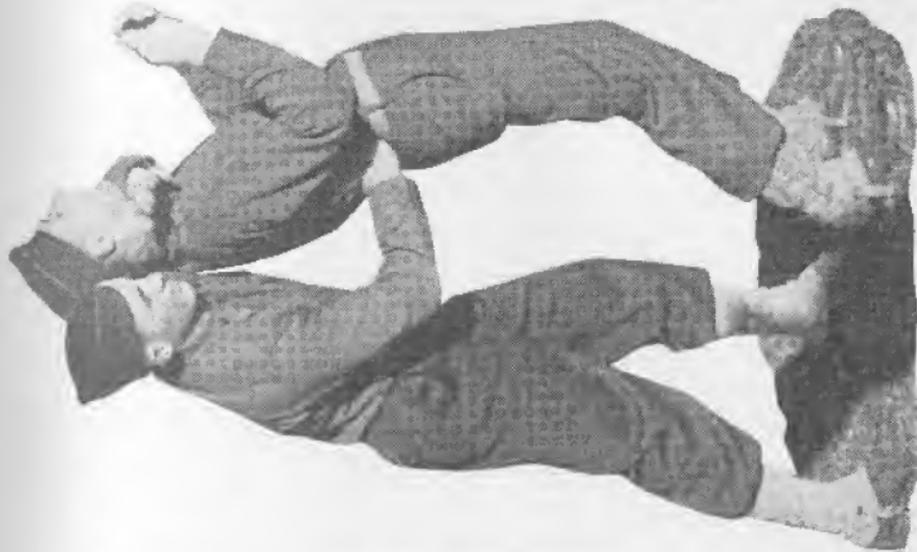
In conjunction with all of the before-mentioned tactics, anything unusual or unexpected that can be done to confuse an opponent is desirable. If you can distract his attention, throw dirt in his eyes, or hit him with any object which comes readily to hand or create any other mental diversion, you have initially placed yourself at a decided advantage. It is not a bad idea when anticipating rough and tumble tactics to have a small amount of sand in your pocket which may be thrown into a man's eyes, or to have a handkerchief folded in the breast pocket of your suit coat containing a little pepper or cayenne for use in your opponent's eyes. If in the midst of a fight you find yourself on top of a man trying to throttle him, you may hasten his end by beating his head up and down on the ground to stun his thinking process so that he may not try any of the numerous breaks to free himself from this position.

### *Japanese Strangle*

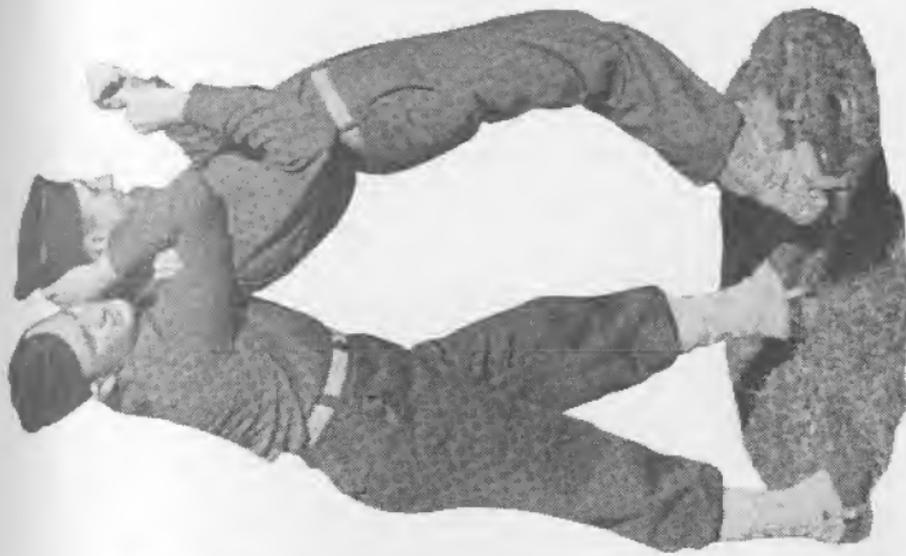
Much has been said concerning various types of strangle holds, principally for use in wiping out a sentry by an attack from the rear. It is obvious that in this case, a knife is desirable. If you must accomplish the task with your bare hands, the following basic fundamentals should be remembered: The approach would naturally be a noiseless one. Your attack should be launched from a leap over the remaining four or five feet between your self and the sentry. This leap is important because a great many people, especially when they are on the alert, have a superdeveloped animal instinct which gives them warning of hostile presence, although they do not see or hear anything. Your first and most important objective, of course, is to strangle the man quickly and silently. In conjunction with your leap, your fist should be driven into the man's right kidney section with such force that he will be caused to bend backward and thus come off balance. At the same time, your left



Initial blow to back places victim off balance.



Left forearm across throat, with a blow.



Pull victim back. Pressure on back of neck is forward.

#### JAPANESE STRANGLE

forearm should be swung around his neck in such manner as to strike him across the Adam's apple. These two blows are enough initially to stun him for the few vital seconds which are necessary for you to be able to apply a quick, scientific strangle hold.

From this position with your left forearm across his neck, place your right hand on the back of his head and hook your left hand inside the bend in the elbow of your right arm. With your hand in this position, you are able to exert enormous leverage by pushing forward with your right hand and pulling him back with your left at the same time. In a matter of seconds, you have strangled him completely or broken his neck. One of the most important things about this particular hold is that you must be continually pulling your victim backward so that he is off balance at all times. This is even more important if you are shorter than your victim. In this case the use of the knee in the kidney section in place of the fist is best for the first blow. Another satisfactory means of getting your victim off balance is to thrust your foot into the back of his knee. This will cause him to topple backwards and enable you to apply the hold easily. This technique is known as the Japanese strangle hold, and it is regrettable that the name was originated by the Japanese through their use of it, in place of having been named from its frequent use on them.

### *Front Strangle*

A strangle hold may also be applied from the front in the following manner. In this application, it is easier when a man's head happens to be lowered as it would be if he were attempting to make a grab for your legs or waist. If standing swing your right arm forward and around bringing the palm of the hand against the back of his neck. By giving your body weight to the swing, you will cause him to bring his head forward and downward to a position where your left forearm can be brought across up under his throat and locked around his neck, with your right hand taking a grip on your left hand as a reinforcement. When



## FRONT STRANGLE

Initial guiding blow leading head under left arm pit.

Final application with forearm across throat. Push hips forward and lift up.



First grip followed by stepping in with right foot.

FLYING MARE  
Throwing position, with hinge of elbow up.

you have him in this position, all you need to do to cause strangulation or a neck break is to push your hips forward and your shoulders well back, lifting upward as you do so.

### *Throws*

There are any number of throws which could be described, but one of the simplest and most effective is the good old "flying mare." It can be applied swiftly by grasping your opponent's right wrist with both hands, stepping in with your right foot, and bringing his arm over your right shoulder with the hinge joint of his elbow up. In this position, you will have a firm grasp of his arm on which pressure will be exerted against the hinge resting on your shoulder so that any sudden downward movement of your body combined with a quick back thrust of your hips will send him sailing through the air. If he doesn't go, his arm will break from the leverage exerted, and he can be finished off in some other way. The flying mare used with the elbow hinge in the reverse of the above described method has been used in wrestling circles for years as a spectacular type of throw. If you are working on a hard surface, in place of letting go of your opponent, flip him over your shoulder, maintain your hold upon his arm after the throw and bring him down on his head and shoulders at your feet with a resultant concussion or neck fracture when he strikes the ground.

### *Wrist Throw*

The wrist throw should be mentioned here because it has several practical applications. Its most practical use would be in a situation where a man has reached out and grabbed your shirt or coat lapel with his right hand. With your left hand reach over to the inside of the grasping hand and place your left thumb in the back of his hand across the small knuckle bones. Your fingers will pass underneath the palm of his hand. With your hand in this position, twist his hand sharply back toward him and to his right and force it toward a point on the ground three or four feet from his right foot. He will immediately be forced to go to the



#### WRIST THROW

Above: Initial grip. Note thumb along back of knuckles.

Below: Beginning of pressure by bending hand back toward opponent and twisting out.



Completion of wrist throw.

Follow through by holding on to wrist, and kicking temple.

ground and from there you can either release your hold as he goes down or retain your hold upon his hand, pulling his arm out straight about his head as he goes down, and kicking him in the temple with your foot. In many cases, particularly when there is a great difference in size of opponents, it is advisable after making the initial hold with your left hand to use your right to give additional pressure and leverage to complete the throw. The same instructions can be applied by doing just the opposite in case of a left-handed procedure.

### *Come-Alongs*

The subject of "come-alongs" or a means of bringing in a captive is a large and varied one, but no such hold yet developed that is applied by bare hands can be maintained successfully over long periods of time without being weakened to such an extent that it may be broken by the captive. It is true that in some of the escapes from these come-alongs, the victim will hurt himself, but at the same time if he is desperate enough, that will not deter him from an attempt to escape. The only way to keep a prisoner being taken in

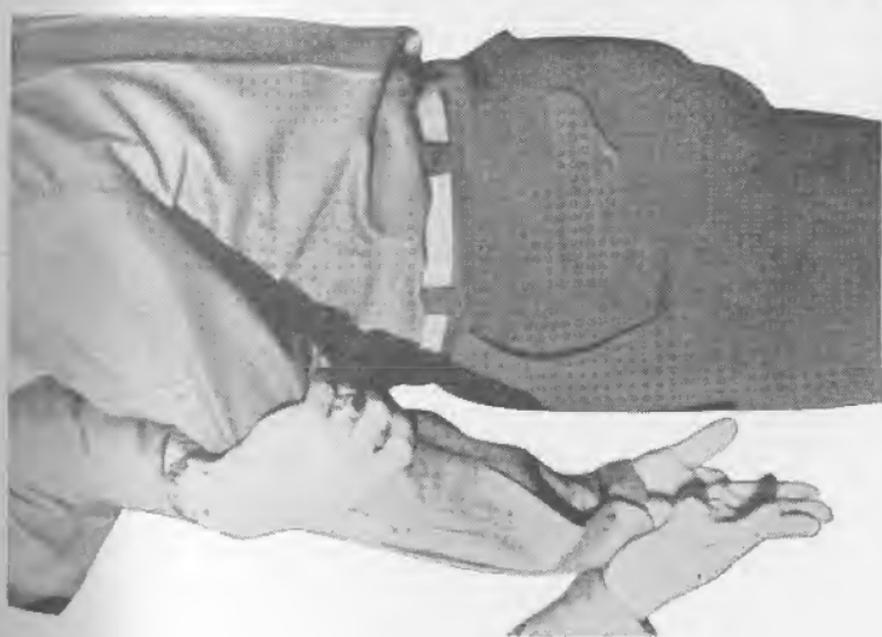
by come-along methods over any distance with no danger of his escaping is to keep him in a perpetual state of semi-consciousness by edge of the hand blows on the neck, short jabs on the chin, or any means which will keep his mental processes foggy. It is well to take his free hand and stick it down inside his belt to help prevent possible escape attempts.

The most effective of all come-alongs, particularly when you are forced to walk a man a long distance and keep him under control is the following: You are facing your opponent who has his arms hanging at his sides and as the come-along is not an attack, you have already subdued



Thumb come along: Initial grip across back of opponent's hand.

him to a point where he is submissive. With your right hand outstretched, palm up, grasp his left hand on the back, with your hand holding across the back of his fingers. With your left hand, reach over on the outside of your prisoner's left elbow and pull it toward your right foot to a point where you are directly opposite the victim. You will find that the victim's left elbow will be next to your body with your right elbow between his arm and his body. You have



Left hand on outside of elbow to guide arm into final position.



THUMB COME ALONG

Hold finishes with locked thumb. This can be done by using other hand to hold wrist in place while changing grip.



Ideal Initial grip: hooking thumbs.

not changed your grip from its initial application during this process. By keeping his elbow close to your body and locked in place by your right arm and raising his forearm to a vertical position, you have a very effective come-along which is maintained by twisting his hand and wrist toward you at any sign of rebellion. By applying a few pounds pressure on the wrist, you can raise your victim on his toes and it is by this means that you will know that he is completely under your control. This come-along has the advantage of allowing you in most cases to be able to maintain sufficient pressure with one hand to enable you to walk along with a weapon or some other implement in your left. This application can be reversed for the purpose of leaving your right hand free if desirable. Ideally the initial grasp on the victim's hand should be done by hooking thumbs, as illustrated. Due to poor light, gloves, weather, etc., this can not always be done easily. You can change to the thumb position once the hold is applied if you so desire.

Another come-along which has a great deal of merit is the arm lock. Properly applied, this lock makes a hold sufficiently

strong for escorting a prisoner a short distance, gives control of your opponent completely if pressure is maintained on the forearm, and is very desirable as a torture hold or in taking a man to the ground before tying him. The come-along is not an attack. It is applied as a mastering hold after your victim has once been subdued by other means.

Its application is as follows: Facing your opponent, reach out with your left hand, palm down, and grab the opponent about the right wrist. Shove his arm to the side and rear of his body, in conjunction with this move take the flat of your right hand and strike his left arm on the inside of elbow joint. The hand should be immediately withdrawn after the slap has been given causing the elbow to bend. From this position disengage your left hand which has been about his wrist and shove it under and up between the opponent's forearm and his back. Place your left hand on or just below the shoulder point on his arm. By bending forward with his right arm locked in this position you have him completely under control. Your right hand can then be placed on his left shoulder to prevent him from pulling



Arm lock: First step.



Arm lock: Right hand inside elbow to help bend arm.



Arm lock: Final hold. Left hand can be placed on point of opponent's left shoulder to prevent him from pulling out sideways.

side ways out of the hold or used to exert extra pressure on his pinioned arm by pulling it out from his back. This will force him to do as you will because of the pain or possibilities of a broken elbow. This come-along can be maintained over a long distance but has a disadvantage in the fact that your own body must be bent forward alongside and slightly over your opponent's body to keep him under control. However, this is offset by the fact that it can be used for the other purposes mentioned above.

#### *Wrist Release*

Mention should also be made of the principle of a simple wrist release as it is an invaluable aid when some one has grasped you by one or both arms. The usual thing an opponent does is to grab either your wrist or forearm. This is obvious because he wants to protect himself as well as to immobilize your own offense. When a man grabs you by the wrist, he will have four fingers on one side of your arm and thumb on the other side. Regardless of how strong a man is, the thumb, which is the weak side of his grip,

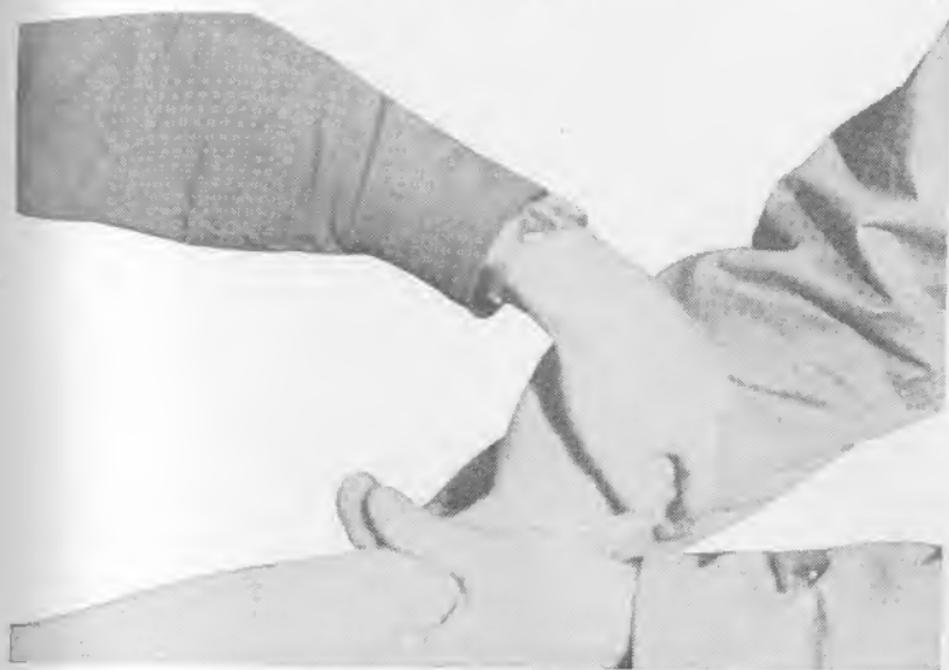


Wrist release: Turn and lift against thumbs.



Above: Continue turning and lifting against thumbs.

Below: Break double grip by pulling against thumbs.



Continue pull against thumbs with help of left arm.

will not be stronger than your entire arm. By a twist of your wrist outward against his thumb, you can break his hold with a sudden effort. The entire movement must be made rapidly. If you will always twist your wrist against your opponent's thumb, regardless of whether it is his left or right hand, you will be able to break his grip. If he grabs your wrist with both hands, jerk upwards toward the thumbs and the same release can be effected with a little more effort. This type of wrist release is well-known in all unarmed combat, wrestling and life saving circles.

#### *Pushing Counter*

Every man at some time or other has been in a position where a belligerent opponent or a drunk has attempted to antagonize him by placing a hand on his chest and shoving him backward. The counter is simple and effective. As your opponent's hand is placed on your chest, take your own two hands, laying one flat on top of the other, raise them above your opponent's pushing hand, and come down sharply with the edge of your hands at the angular bend where his wrist

**PUSHING COUNTER**

Above: First step.

Below: Hand placed on pushing hand at bend of wrist.

joins his hand. As you do this, bend forward. Your opponent will go down for a very simple reason. When he is pushing you, his wrist is already at a right angle bend. Any additional bend will cause a break. When you strike his wrist with the edge of your hands, he can do nothing but go to the ground to protect himself from a broken wrist. As he goes down, you can use the knee in his testicles or chin or do whatever you will, depending upon how you desire to dispose of him. It is important that you bend forward in applying this at the time of the blow on the wrist angle. By so doing, you force him to the ground and also pin his hand against your chest in such a manner that he cannot pull away.



pinning him aside after he goes down.



Knee can be used on chin.



Hog tie.



Boot lace tie, thumbs and little fingers.



Boot lace tie, all fingers.

*Ties*

It is also well to cover this well-known means of tying a prisoner securely. It is initiated from the arm lock with your opponent face downward on the ground and with the forearm bent up behind his back in a painful position. A little additional pressure on his arm when in this position will force him to readily place his other hand behind his back at your request. With your rope, tie the two wrists tightly together. Take one end of the cord and run it around his neck and tie it again to the pinioned wrists. Have enough pressure on the cord around the neck to force the hands high up toward his shoulder blades. Cross his ankles and take the other end of the cord after doubling his legs up behind him and tie them with it so that they remain in that position. Any struggle to free himself will result in strangulation. Correctly applied, there is no escape from this tie. There are various knots advocated in making such ties, but any standard tying knot may be used. The essential thing is the fact that the victim will be unable to make any effort to release himself, regardless of the type of knot used. Another simple tie can be effected by using a man's shoe laces for cord. Place him with his back to a tree or post, preferably of ten or more inches in diameter. Have his arms placed around and behind the post place the hands back to back and tie his wrists, two thumbs and his two little fingers together with the shoe laces. In these ties, practice is most important, because a faulty procedure in tying is glaringly apparent.

It is well to emphasize again the fact that in applying the numerous holds and come-alongs and throws that have been and are being shown throughout the country, you cannot always assume that you are up against an untrained adversary, particularly so in case of the Jap. If this is not the case, you will lay yourself open to attack while attempting their execution. If you are in a position to apply any of these encumbering holds, you are also in a position for a killing attack initiated by hand or feet blows.

Dummies are absolutely necessary in training of this type. They should be of standard size, complete with arms, heads and legs. On the dummies, the vital spots should be marked and the student should be made to practice daily with no restraint all hand and foot blows he has learned. It is easy to see that if in practice of this type of combat you use a sparring partner, great care must be taken in application of this instruction. Submission signals should be arranged to avoid damaging each other. A man who masters the blows emphasized here and practices them enough to be able to use them readily as he uses his fists need fear no one. Even if he never has a chance to use the technique in actual fighting, it still will be worthwhile because of the supreme self-confidence he will develop.

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## Chapter 2

# DISARMING

The science of disarming is a large field which contains so many different methods and variations that the average individual, without a proper introduction to the subject, has no certain means of determining any particular method which is suitable in his case. The majority of disarming methods to date have primarily laid greatest stress upon getting possession of the weapon and secondarily on subduing the individual. This theory is the basic principle upon which most disarming methods now being practiced both in and out of military circles are based. This type of disarming, concentrating on the removal of the weapon, plus the restraint type of man handling, is truly a police practice.

In time of war methods of killing replace methods of restraint. Therefore, in disarming technique, a method whereby the enemy can be disarmed and instantly immobilized is desirable. Emphasis here is reversed: first, the removal of the enemy, and second the procuring of his weapon.

Naturally the first movement in any disarming technique should be the removal of the weapon's muzzle from your body area. The next step is attack, not the securing of the weapon. Disarming methods in general contain too many separate movements. For some reason they are made as difficult and complicated as possible. Such techniques demand a vast amount of practice since they involve the use of both hands and feet in one concerted movement. Practice is always necessary before any individual can become confident and proficient no matter how simple the technique.

Teaching the average individual disarming necessitates

showing him something which is simple and which he can understand and do with practice. The majority of people will not practice of their own volition, after learning such techniques. There is a great need for simplified pistol and rifle-disarming in our training of troops, as well as in law enforcement agencies, and also a need for training our soldiers to counteract attempted disarming by their prisoners.

One thing is certain: when a man sticks his weapon in your stomach and says, "Hands Up," he does not wish to shoot you, or he would already have done so. Although this is an obvious fact, as individuals we seldom think of it in this light. Why he doesn't shoot we don't know. Perhaps silence is desirable, perhaps he wants to take you prisoner or to secure some information which you have. In any event, the man behind the gun unknowingly places himself in a defensive frame of mind when holding another person at the point of his rifle or pistol. We are assuming in this discussion that the man with the weapon will be at least within arm's length of the person he is holding up. Disarming methods to handle situations other than this will be discussed later. We are also assuming that he will be armed with a hand gun, although the same basic principles would apply were it a rifle or a submachine gun.

We are not concerned with a mass round-up of individuals such as is common in large operations where a group of prisoners are held from a distance with a tommy gun, but rather with individuals in situations where they will come in close contact with the weapon in the hands of an enemy. It is nearly always possible when confronted by a weapon in the hands of another individual to make him come within arm's length. In most cases he will do so of his own volition because he wants to emphasize the fact that he has a weapon by shoving it in your back or your stomach. If he does keep out of arm's length he can often be forced to come in to close quarters by disregarding his orders or obeying them slowly, so that he tries to emphasize the gun and its authority by pushing it in your stomach or your back to make you move.

At the time of initial contact, the man with the gun goes through a period of tenseness during which he is thinking that perhaps his victim may try an escape or an attack in the face of his weapon. This period of tenseness during which he is most alert and more "trigger conscious" than ordinarily is important in considering when to attempt disarming. Certainly at this time no attempt should be made.

After the initial period of tenseness which lasts but a few minutes wears off, the man behind the gun relaxes and starts thinking why the actual holdup was made. He will be thinking of a good many other things than an attempt to disarm or an attack. Because he is thinking along such lines, and is probably talking to his victim or otherwise mentally occupied, the fraction of a second which is necessary for his brain to telegraph to his trigger finger to shoot is doubled. This is a major factor when considering when to disarm. Try and make him careless, and attract his attention away from his trigger finger to set the stage for the actual physical disarming.

In the first place, induce your captor to talk by asking him questions, by encouraging him to boast, or by volunteering information which will immediately arouse his interest. If you can accomplish this, you will find that his movements reacting to an attack from you will be much slower than during the initial period of contact. Try to make him be careless by appearing to be frightened, by hysterical mannerisms and speech, by begging for mercy, etc. Watch his eyes; do anything you can to distract his attention without being too obvious. This can be done by a slight movement of the foot or of the fingers of your upraised hand and by like stratagems. If he reaches forward with his unoccupied hand to search you, to take your weapon from its holster, or to touch you in any manner, he is placing himself wide open for an attack; his mind and eyes are otherwise occupied. Analyze your situation. In most cases, it is not necessary after the first few moments of contact to disarm immediately. Take enough time to consider your situation. You may find your opponent as anxious as you are to avoid a shot or a

struggle. He may be an extremely nervous type of individual, inexperienced in the handling of weapons, and if one attempt to distract his attention does not work, try another.

One of the oldest "gags" shown in many movies is for the victim to say to a fictitious individual standing supposedly behind the man with the gun, "Don't shoot, Joe," or some such statement. In the movies, the gun man turns to encounter the individual so addressed, and the hero immediately jumps upon him and disarms him. This type of thing, to use a slang expression, is "corny" and probably would not work with most Americans. However, old though it is, in a good many cases you will be up against poorly educated, slow-witted enemies who might fall victim to such a trick. One variation of this type of thing which has been used with success against intelligent individuals is this: glance quickly behind your attacker, as if you see someone approaching from his rear, and as quickly return your glance to him, making no comment. Although he may suspect a trick, he will still be uneasy because it would be entirely possible for another person to be coming up behind him, and for you to be too smart to say anything about it. These and like stratagems are sometimes worthwhile.

Taking into consideration all the above mentioned factors which may lay the ground work for the physical disarming, remember that the element of surprise is still the biggest single factor which will contribute to your success. Your enemy with his gun trained upon you possibly might consider the possibility of your trying to escape if desperate enough, but the longer you wait before attempting your attack, the less paramount this consideration is in his mind, and the more careless he becomes. By the very nature of the situation, the individual with his hands in the air has an advantage he can and must use. He can pick the time and stage for his disarming action. The man with the gun cannot anticipate it.

In the other extreme, a most propitious time to disarm is at the first second of contact. The element of surprise here is very great, but this type of operation can be done only

by a highly trained individual with instant reflexes, and even then it is not always successful. We deal largely in generalities because no two situations are exactly alike. Differences in individuals, their stature, light conditions, weather, terrain, and circumstances occurring around the scene of the action all vary.

Before going into a detailed discussion of various disarming methods, it is best to consider the conditions under which they must be practiced. Practice in disarming is all important, because only in this way can an individual gain enough confidence in himself and his ability to undertake the possible risk of being shot by his enemy if he fails. Practice must be done with real weapons, which can be loaded with blanks or in any case, the weapon must be one in which the hammer will fall when the trigger is pulled. The element of uncertainty in an individual's mind when practicing disarming must be reduced to the lowest possible point before confidence will develop. All the demonstrations and lectures in the world will not enable a person to actually perform disarming in real circumstances unless he has practiced it in circumstances as close to the real thing as possible.

The element of surprise is a difficult thing to achieve in practice, because the man with the gun knows when you are going to disarm. This element of anticipation on the part of the holder of the weapon in practice is something which must be constantly watched. (1) It can usually be detected when at the slightest movement of the man whose hands are in the air, the trigger is pulled. This is unnatural and would not occur in actual disarming. (2) When at the slightest movement of the trunk of the body the man holding the gun turns the barrel to follow the movement, he is anticipating, because the individual holding the gun under ordinary circumstances will not follow the movement of the body, but will attempt to pull the trigger at the time the disarming movements start. He will not be able to think fast enough to move the gun barrel following the changes in the position of the opponent. In practice, any means which will enable the student to evolve the element of surprise in his disarming

attempts will make him progress that much faster. Unless checked at the very outset, this element of anticipation by the man with the gun will cause the student to lose confidence to the extent where he will never be able to disarm successfully. If you can't break the person who holds the gun of the anticipation habit, it is best to replace him with another man.

Naturally the biggest doubt in the student's mind is whether or not he can move fast enough to best the man who pulls the trigger. Strange as it may seem to the average individual, *the gun man cannot think fast enough to pull the trigger and make a hit before your body is out of line of fire.* This fact, when properly introduced and practiced, will give to the student great confidence. It should be pointed out by the instructor that if it is possible to keep from being shot and to disarm a man when he is expecting you to do something (as in practice), it will be 50% easier to do the same thing when the element of surprise is on your side.

Ninety per cent of the people who use weapons to restrain a prisoner hold them close to the victim and within arm's reach. We can attribute this in part to the fact that the public, outside of police circles, knows very little of disarming. In the case of our enemies in the present conflict, they are mostly ignorant of the possibilities of disarming, and they also rely entirely upon their weapons for close-in fighting. The fact that they do this and have so much respect for and reliance on their weapons and little self-confidence when they are without them, makes them feel that by holding a man at the point of a gun, the prisoner's case becomes hopeless and he has no possible chance of escape because they themselves feel that way when facing a gun. This is particularly true of Germans, Italians, and all other races who do not like close combat involving body contacts.

One difficulty encountered in teaching disarming is that after the introductory lecture covering the points mentioned above, many students immediately becomes "wise guys" and know all the answers before things begin. To offset this natural state of mind, in the initial period of your course

let the first introduction to the course be somewhat as follows: Give half the students weapons and tell them to hold up their partners. Do this before any introduction is given. You will find that ninety per cent will hold the pistol on the opponent so that it is within arm's reach, a necessary factor in actual disarming. Call the attention of the class to this fact at the time. Then proceed to the introductory lecture.

Bring forth the point that in European and Asiatic areas disarming is a little known science, due in great measure to the fact that people of those countries lack weapons in their civil life. Consequently, they are largely uneducated concerning firearms and weapons outside of military service. In America we have movies, various volumes on weapons and allied subjects, and many millions of weapons in the hands of private individuals. Still, even in a country that is so educated in guns and gunplay as ours, disarming is not a matter of common knowledge.

Before going further, it is well to consider the position of the hands which will naturally be upraised. Do not practice disarming with your hands hanging at your sides, or with your elbows any lower than the shoulder height. You will possibly be able to lower them this far from the extreme upraised position, but seldom will be permitted to let them come any lower. You can disarm equally well with your arms in the upraised position or from the hands clasped behind the head position which is common in handling prisoners of war.

*You can move your body from the path of the bullet from your opponent's gun before he can think to pull the trigger.* This is the first phase of disarming both in demonstration and in the beginning of the practice of disarming technique. Demonstrate, then let the student practice the following: With the gun pointed at your stomach or pressed in your back, look into your opponent's face, not looking at the weapon, make a sudden movement, twisting your body to the right or left so that it will be out of line of fire. Keep your feet in place, your hands above your head, and execute this body twist by bending the knees. The man with the



Body twist.



Body twist. Note end of muzzle in relation to body.



Immobilizing a revolver on double action by grasping cylinder.

gun will pull the trigger after your body is out of line of fire, even though he is expecting you to make a movement. Don't let him turn his wrist to follow your body as this is anticipation.

Let the student practice front and rear until he is satisfied in his own mind that he is actually clearing himself from the bullet's path. Even a slow body twist is fast enough to prevent a serious wound. A crease will be the only result. Although the body twist is a basic of all disarming, both in the front and in the rear, in reality it is not a separate movement but occurs naturally in conjunction with the downward sweep of the hands in the actual disarming. Any disarming method or technique shown to an individual will not be successful, from the standpoint of his having enough confidence to use it, unless he is satisfied in his own mind about his speed of movement and chances of success. This can be done by the body twist demonstration.

As previously mentioned, the arms and hands have as yet had no place in the disarming procedure. It is well to emphasize again that the purpose of the body twist is merely to prove to the individual that he can actually move his body out of the path of the bullet faster than the trigger man can think.

The type and size of the weapon with which the enemy is armed has often played an important role in determining the particular method of disarming to be used. For instance, a revolver which is pointed at your stomach and is being fired on the double action can easily be immobilized by a swift downward movement of the hand grasping the cylinder. The cylinder is thus stopped from turning and this prevents the gun from being fired. Another good method is striking the weapon with the right hand and sweeping it to the left side, taking the left hand and bending the weapon back toward the body against the wrist. This is good only in the case of a weapon with a long barrel. It will not work in the case of a small short-barreled weapon which may go off and shoot your hand. Numerous other techniques are also advocated for use against specific weapons. To be able to



Hands up!



Sweeping weapon aside.



Bending weapon back away from wrist to gain possession.



Hands up!



Edge of hand blow on inside of wrist with follow through.



Chin jab and knee.

know and use various disarming techniques which vary with the type of weapon faced results in confusion and is only for experts.

Using the edge of the hand below with the long follow through, following up with the knee to the testicles and the chin jab is another good way to disarm. Face your opponent (not looking at the weapon) who has the gun in his right hand. With your left arm sweep down and crack the inside of his wrist with edge of your hand, following through completely so that the gun will either be knocked out of his hand or at least end up at a great distance from your body. At the same time drive your knee into his testicles and execute the chin jab. This can all be done in one swift motion. Usually the edge of the hand blow on the inside of the wrist will by its force fracture the wrist or at least force the fingers open letting the weapon drop. This movement combines the elements of surprise, attack and the other previously mentioned considerations and is practically foolproof when

properly practiced and executed. The weapon is knocked out of the hand and the attack, by the blows to the testicles and chin, downs the opponent. Even in a few cases where the man retains hold of the weapon he will not be able to use it because of the knockout effect of the blows to his body. This can be practiced with some restraint by using the palm of the hand against the inside of the wrist in place of the edge of the hand and of course pulling up shortly on the chin jab and knee. Its efficiency and sureness will prove itself to the student after a short amount of practice.

The same principles apply if the gun is placed in the middle of the back. Glance over your shoulder quickly at the outset of the contact with the man to see which hand holds the weapon. This is important for two reasons: first, you will discover whether he is actually holding the weapon in the middle of your back or his finger with the gun on his hip, and also whether he is either left or right-handed. These facts can be determined at a glance and are not usually subject to change after initial contact. A man usually carries his weapon in his master hand when expecting to use it and never changes it except in some cases, such as conducting a search. With the gun in your back and determining where it is held and which hand is holding it, pivot toward the enemy's inside at the same time making a full length sweeping arm movement to the rear, with complete follow through outward against the arm holding the gun. Follow this by pivoting, on your left foot, into the opponent where the chin jab and knee are applied.

The following two frontal disarming methods are very successful in specific cases where the situation is such that the gun itself must be procured and used either as a striking weapon to subdue the opponent or for firing. Any situation where the man with his hands in the air is confronted by more than one individual, calls for a disarming method which will give him possession of the weapon in an immediate firing position to control the individuals accompanying the actual carrier of the weapon. It is well enough, by ordinary methods to immobilize the man carrying the weapon, but



Holdup from rear.



Pivot inside, left arm sweeps gun arm aside.



Follow up with knee and jab.



Hands up!



Knock gun to left, thumb hooked on inside.



Grasp barrel, exerting leverage down and striking inside of gun wrist.



Opponent releases gun,



Weapon ready to fire.

it will do no good if his companions rush in and overpower you.

The following method has been used with success. An extreme amount of practice to insure success is necessary. Everything pertaining to tactics prior to the actual physical movement pertains doubly in this case. With your hands in the air facing the opponent (gun in his right hand), with your left hand come down with a sweeping movement hooking the thumb on the inside of the barrel of the weapon, knocking it to your left away from your body area. Grasp the barrel, exert leverage down towards the ground. In conjunction with this leverage, using your right hand, slap the inside of the wrist of the hand holding the gun sharply, causing the gun to be released. Step back with the weapon still in your left or initial grasping hand and place the butt in your right hand ready to fire. This method and the one following will work particularly well with long-barreled pistols, such as Luger, Mauser, Colt and Nambu (Japanese military side-arm). Any weapon with a barrel of a length less than 4 inches

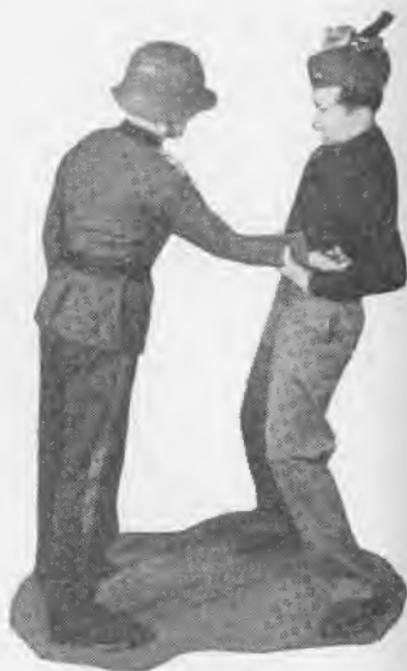


Hands up!

Right hand knocks gun to left, then grasps barrel.



Exert leverage down, striking outside of wrist with left hand.



Gun free, grasped by barrel. Wrist held, pulling opponent forward.



Blow with butt of weapon to head.



Hands up!

makes these two frontal methods very difficult.

The other method of disarming from the front enables you to use his weapon as a club or striking instrument. With the gun held in your opponent's right hand, sweep down with your right hand against the barrel, knocking it away toward the left side of your body. Grasp the barrel, exert leverage down and at the same time take your left hand and slap the outside of the grasping wrist sharply. This will free the weapon into your right hand, with your grasp on the barrel. Use the butt to strike your opponent on the head. It is well to maintain a grip on his wrist with the left hand after striking it to free the weapon, pulling him in towards you at the same time you use the weapon to strike.

These particular methods are as yet little known to police and military circles in U. S. and abroad but are very effective when executed properly.

Two methods of disarming from the rear that are very good are as follows: The first is popular in police circles and used a great deal by the FBI. After looking back to see which



Wheel to right. Right arm going under gun arm.



Ending up in arm lock position.



Hands up!



Pivot to inside, left arm over gun arm.



Lock gun arm with left arm and exert upward pressure.



Chin jab and knee.

hand is holding the gun which is in the middle of your back, whirl your body to the right (the gun is held in your opponent's right hand) or outside. With the right arm sweep down under his gun arm and place your right hand inside on the biceps of his gun arm. Bending forward and toward the gunman, with your left hand grab the barrel and wrest it from his grip. Once the gunman is in this position you have an arm lock which can help in subduing him.

This last method is good as you are immediately in an attack position. The only possible drawback is that you risk the chance of the gun's being discharged which might give an alarm when silence is desirable. With the gun in his right hand and in the middle of your back, whirl to your left or his inside. Bring your left arm down over and under his elbow or his gun arm and bend the arm and exert pressure in an upward direction following with the chin jab and knee to the testicles.

With practice it is possible to disarm a man who places a hand in the middle of your back and holds you up. In the first place, when you find yourself in such a predicament you should realize at once that the man with the weapon has had some sort of training in the proper methods of restraining an individual at the point of his gun. Most people when they have a prisoner at their gun point in this manner feel, and justly so, that if the prisoner makes an attempt to disarm he will fail. Consequently the element of surprise here is very great when actual disarming is accomplished. The method is little known, it is simple and easily accomplished with practice. The necessity of always looking to the rear when somebody says "hands up" is very obvious. Once having ascertained that a hand is in the middle of your back in place of a gun decide for yourself which direction of a body turn would bring you into the weapon or away from the weapon. (Assuming that the gun is held in his right hand close to his hip, and his left hand is in the middle of your back). After determining this, start your disarming, pivot to the outside of the arm held in the middle of your back. Pivot completely around on your left foot, take a step until



Position before outside pivot. Gun on hip.



Pivot to outside away from gun. Then attack.

you are at a point opposite him. The pivot and step toward him will be fast enough that he will be unable to pull the trigger in time. Once beside him you are naturally out of gun range and any blow, trip or throw may be easily applied because with the first body contact he becomes off-balance. In this particular method you must be sure of your ground and pick the stage for the physical disarming carefully. If he attempts to shove you forward with the palm of his hand a good time to initiate your disarming is at the time when he shoves you forward, because at this moment he is most likely to be off balance.

The idea of putting your finger in the middle of a man's back to imitate your gun barrel when you are holding the gun on your hip is a good one provided you are sure he has no knowledge of the above mentioned disarming method. If you can fool him about which of your hands holds the gun, he is less likely to be successful if he attempts to disarm you. If you are going to place your finger in the middle



Use your knuckle joint, not the end of your finger, to fake a gun barrel.

of a man's back to create the impression that it is a gun barrel do not use the point of your finger. The finger, in an extended position, is limber and will bend when weight is placed against it and this becomes evident to your opponent. Use the knuckle of the forefinger; this will make a stiff unyielding imitation of a gun barrel. If you want to be sure that he knows your weapon is resting on your hip let him see it there and place the whole flat of your hand in the middle of his back and shove him along.

The man who places his weapon in the pocket of his suit or overcoat and approaches you within arm's reach and says "hands up" is laying himself wide open for disarming. This fact apparently has not been known or used by our police combating gangster elements or by our movies depicting such hold up techniques. You are facing the man with your hands in the air and he has the weapon in his right coat pocket (within arms length of you), all that is necessary is to shove him sharply on the point of the shoulder of the gun hand (right shoulder). This will cause his body to pivot so that



Hands up!



Strike shoulder of gun arm sharply, pivoting him away from gun.

the gun barrel points away from you. The hand on the gun is locked in the pocket and is useless. At this point step in beside him and apply whatever method of elimination you desire. The individual who carries his gun in his pocket will usually come into arms reach without being enticed for three reasons: first, he hides the gun from other people's view; secondly, he will get close to enable him to use his free hand to make a search; and third, he wants to emphasize to the man being held up that he has a weapon and he has to get close to prove it.

There is a distinct possibility of successful disarming in a situation where you are sitting in a car driving or otherwise with an individual covering you from the side with a gun. This situation is one in which, if you have had a little practice, you can readily analyze to see what your disarming possibilities may be. In any position where the gun hand is held away from direct contact with the body or left arm, assuming that the gun is in the man's right hand, you may, by a sweep-



Step to his side, plant your foot behind him, and complete attack.



Gunman using free arm to search.



Strike outside of elbow and pivot away.

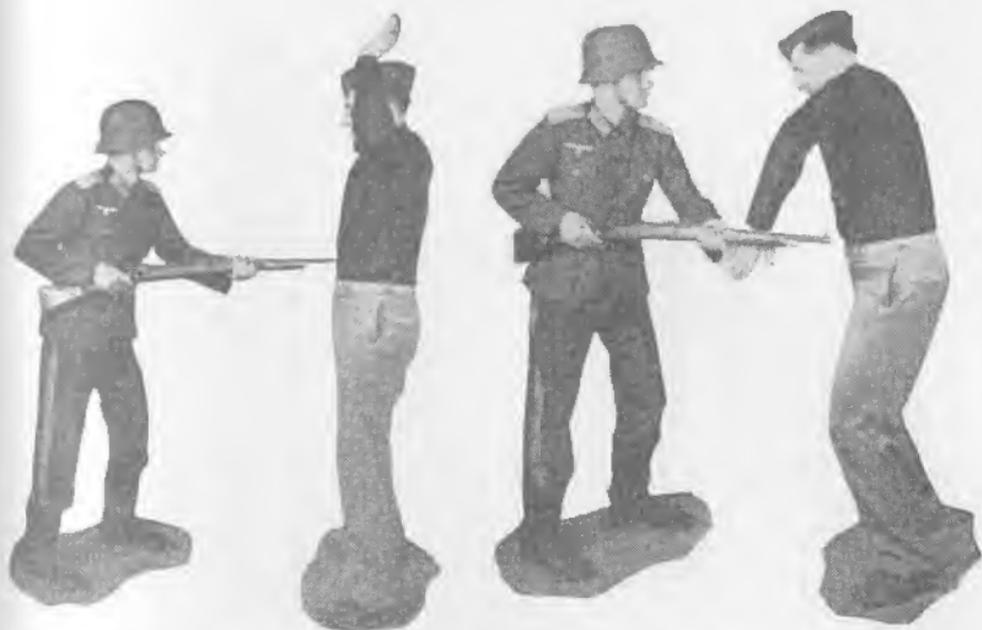


Attack.

ing movement, knock the gun hand against his body and enable yourself to deliver a knockout punch with your free hand by means of a chin jab, edge of the hand blow, etc. This method can be used with many variations and a student should practice this type of disarming with various individuals and try to visualize all possible situations, particularly pertaining to how the gun is held in the gunman's hand in regard to his own body. In other words, practice in this type of disarming will show you your limitations and possibilities so that you will be able to recognize them when such a circumstance occurs.

All the methods to disarm where the gunman is out of arms reach and can't be enticed in should be based on the circumstances surrounding your own situation. In other words, how desperate are you? Your chances of success are good but by no means certain. You have a possibility of kicking the pistol out of his hand by a sudden horizontal sweep of the foot and following right in. Kick with the side of the foot with the impact being on the inside of the gun hand. This kick will place you off-balance—follow through with your body and fall forward on the gunman. If he is out of kicking range your chances are that much more decreased but there is still a fifty-fifty chance. The best thing to do in this circumstance is to catch him off guard and execute a forward dive or tackle to the same side of the gunman in which the weapon is held. This tackle shall naturally be followed up by bringing the man to the ground and subduing him. Experiments have shown that it is much more difficult for a man to fire at a moving object directly off and down to the right (gun in right hand) than it is for him to fire to the left and down. If the man is holding a rifle on you, your chances are greatly increased because the larger the weapon the more unwieldy it becomes for quick sudden movements.

Ordinarily the gunman will pull the trigger while the weapon is still pointed in a more or less horizontal position. Consequently by timing your attempt right and being fast enough your body will be in a horizontal position during



Rifle disarming, front.

Knock barrel away on side away from butt stroke.



Knee and chin jab (either hand).



Rifle disarming, front.



Knock barrel away,



Grasp weapon, knee kick causes opponent to release gun.

the forward dive at the time of the firing of the weapon. In this case unless you receive a head shot the possibilities of getting only a crease are good.

A method of disarming when the gunman has a rifle held in your stomach or in arms reach should be simple, concentrating, as in the case of the pistol, on disabling the opponent primarily, and secondarily, getting his weapon.

Most rifle disarming methods now in practice place too much stress, with too many movements, upon wresting the gun away from the individual and using it as a club to subdue him. It is even easier to disarm a man armed with a rifle than one using a pistol for the reason that the weapon is long and unwieldy in the hands of the user. His grasp on the rifle is with both hands. All that need be done in this case is (gun held with butt on the right hip) with your right hand strike the barrel a hard blow, with the flat of your hand towards the left knocking the gun out of line with your body. Retain a grip on the weapon after knocking it away from your body and jerk the gunman forward at the same time kicking out his left knee with the edge of your right foot or kicking him in the testicles. The gunman when he receives the blow of your foot on his knees or testicles (depending on position of feet) will release his grip upon the weapon, enabling you to fire the weapon or use it as a club because he will go down and be helpless from the shock and surprise. It is important to strike the weapon away from your body towards your left side when he has the gun butt resting on his right hip, because striking it from left to right leaves you open for a butt stroke.

When the rifle barrel is placed in your back the same principles and methods apply as in the case of the pistol. With the gun butt resting on his right hip, sweep your left arm down to the rear, strike the gun barrel on the left side, follow through pivoting on your left foot and move in to the gunman giving him a kick in the testicles and a chin jab. These two simple methods are all that need be known for successful rifle disarming. Most of the methods now shown to troops are entirely too fancy and involve too



Rifle disarming, rear.

Pivot to left, sweeping gun barrel aside with left arm.



Knock him off balance, getting possession of gun.



Proper holdup position. Gun on hip, out of reach.

many separate movements by feet and hands to achieve success.

In the preceding discussion on disarming when a weapon was placed in your back we considered only that you were standing still when you initiated the disarming procedure. Let us now assume that you have started to move forward and that the weapon is being held in your opponent's right hand or against his right hip as in the case of a rifle.

The sweep of your left arm down and to the rear striking the rifle or pistol aside and the following blows to his testicles and chin remains the same. The only thing which you have to consider, then, is the way in which you will initiate your pivot.

The best way to do this is to start the pivoting movement when your right foot has been advanced and your left foot is still on the ground. In this position by pushing with the ball of the right foot and pivoting on the toe of the left, a quick and satisfactory pivot into your man will be obtained.

If the weapon is being held in the left hand or against the

left hip as in the case of a rifle the reverse procedure will apply.

The same method of pivoting will suffice if a hand or finger were in your back and your opponent's weapon were held on his hip. If this occurs remember, again, to pivot towards his side away from the gun.

For practice disarming use junk weapons and take the safety precaution of filing or knocking off the firing pin and removing the front of the trigger guard to prevent broken fingers when the gun is wrested from the user's hands. It is also well to remove any front sights or projections from the weapons which will cause gashes or abrasions in the practice. Naturally such considerations will not occur when actually doing disarming, but then a small cut on the hand or abrasion will be of little consequence when disarming is completed successfully. Blanks may be used for a realistic effect after practice proficiency has been attained.

The question of how to hold a prisoner and conduct a search of his person when alone and armed with only a rifle has often been raised. Of course one solution is to knock him out, then search, but this may not always be advisable. The following method will work: Order him to stretch out on the ground, place the muzzle of the rifle in his stomach or back, rest one finger against the trigger and hold the gun in vertical position. Conduct the search with the free hand. At any hostile movement all the searcher need do is to lift his finger against the trigger. This method is very efficient and can be easily perfected with a little practice.

## Chapter 3

# ATTACK WITH MISCELLANEOUS WEAPONS

Knowledge of the correct use of a stick as a means of attack is very valuable. A man without other weapons is given confidence if he knows he can use it to take the offensive and down his opponent. Anything said here about a stick could be applied to a cane, umbrella, swagger stick or any other like object. A stout stick 18 inches long 1 inch diameter is about the minimum length and diameter with which the best results can be achieved.

The use of a stick in attack, combined with the element of surprise, is as follows: grasp the stick in the right hand near one end in a natural grip. Swing the other end up and grasp it about 6 inches from the other end in your left hand with the palm out. With a strong grip of both hands upon the stick and with your right hand held against your body so that this will be the pivot end of your stick, take the left hand and with force bring the left end of the stick across your opponent's middle section in a horizontal direction. This blow although not fatal and not always an incapacitating one will give the effect of a solar-plexus punch and cause him to lurch forward with his chin out. Stop your horizontal blow at a half-way point across the opponent's stomach; from this position bring the end of the stick, which is in your left hand up into the soft spot about  $1\frac{1}{2}$  inches back from the point of the chin. At the time of the horizontal



Correct stick grip.



Blow across stomach



follow up with point to chin . . .



or butt stroke to jaw in case of miss.

blow across the stomach step forward or at least bend forward with the left knee to put more body power into the upward blow. Naturally if you miss the chin with the point of the stick in the upward jab the other end of the stick will follow through and give a butt stroke effect as with the rifle. This particular technique ending up with the jab in the underneath part of the chin will often kill, particularly if the point of the stick is sharp or if an instrument such as an umbrella or cane is used with a point or a sharp ferrule on the end, which causes it to pierce up through the mouth cavity into the brain.

Two other methods of using a stick in attack are as follows:

First method: grasp the stick in the same manner as described above with the exception that the stick is grabbed with the left and near the end *with the palm toward the body*. Facing your opponent and with a firm grip on the stick, sweep the stick upward, catching him underneath the chin to deliver a knock-out blow. Follow through with this blow bending your body backward at the knees as you deliver.

Second method: with the stick held in the same manner raise the stick in your arms to chest level and strike forward to the opponent's Adam's apple with great force.

A blow struck at the top of the head with a club will not necessarily cause unconsciousness but may break the stick. To disable a man, using the stick as a club, it is best to use one of the following methods: strike a blow from a horizontal direction against the temple area of the skull. This will result in a fracture and a possible fatality. A blow delivered in a straight downward movement with great force at the point where the neck joins the shoulder will fracture the collar bone causing the left arm and the side of the body to be put out of commission.

If a man is to be put out of action and yet not seriously injured, a very effective way to do this if you are facing him or he is walking toward you (club in your right hand), is to push him on the right shoulder, with your left hand, causing him to pivot and the same time deliver a hard blow on the back of the thigh across the large leg muscles which



Shoving stick against Adams apple and windpipe.



Upward blow to chin.



Horizontal blow to temple.



Downward blow to collarbone.



Blow to back of leg after a pivot causing cramp.

will cause leg cramp incapacitating him for an indefinite length of time. This blow is used by police in mob action, riots, etc. Police use the club as a jabbing instrument in most circumstances. They jab into the belly or solar plexus area to cause a crowd to give way, etc.

## Chapter 4

# STRANGULATIONS

The proper approach to strangles of which there are many types, has already been given in Chapter I. Strangulation is possible by using the bare hands, by using the garment of the victim, or by using a mechanical aid such as sticks or ropes. These last two are worthy of mention because they can be done with great efficiency, the material is readily at hand and they do not involve special equipment.

### *The Stick Strangle*

This strangle is very efficient and can be done with a stick of 18 inches in length or more, and roughly 1 inch diameter. It should be gripped 6 inches from the end and with the rest of the length running parallel to the fore-arm. Approaching the victim from the rear, the stick gripped correctly in the right hand, place your right foot against the inside of his right knee to place him off-balance, put the stick on the left side of his neck and place the long end underneath the chin. With the left arm reach across, grab the loose end and exert the pressure to the rear. This particular strangle has been used with extreme effectiveness and reports have come back from the Pacific theater concerning its use. With the stick across the throat against the wind-pipe but little pressure is necessary for complete strangulation. Placing the victim off balance and applying this quickly there is no hope of escape and is probably the fastest of all known strangles because the wind pipe is crushed.

Another type of strangulation as old as history in the Far



Correct grip on stick for strangle.



Stick across throat, foot in hinge of knee to destroy balance.



Final application, with free hand gripping loose end of stick.



Cord strangle. Cord held at both ends by gripping wooden blocks (or loops).



Taut cord slipped over head, foot destroying balance.



Crossing hands behind neck for pressure.

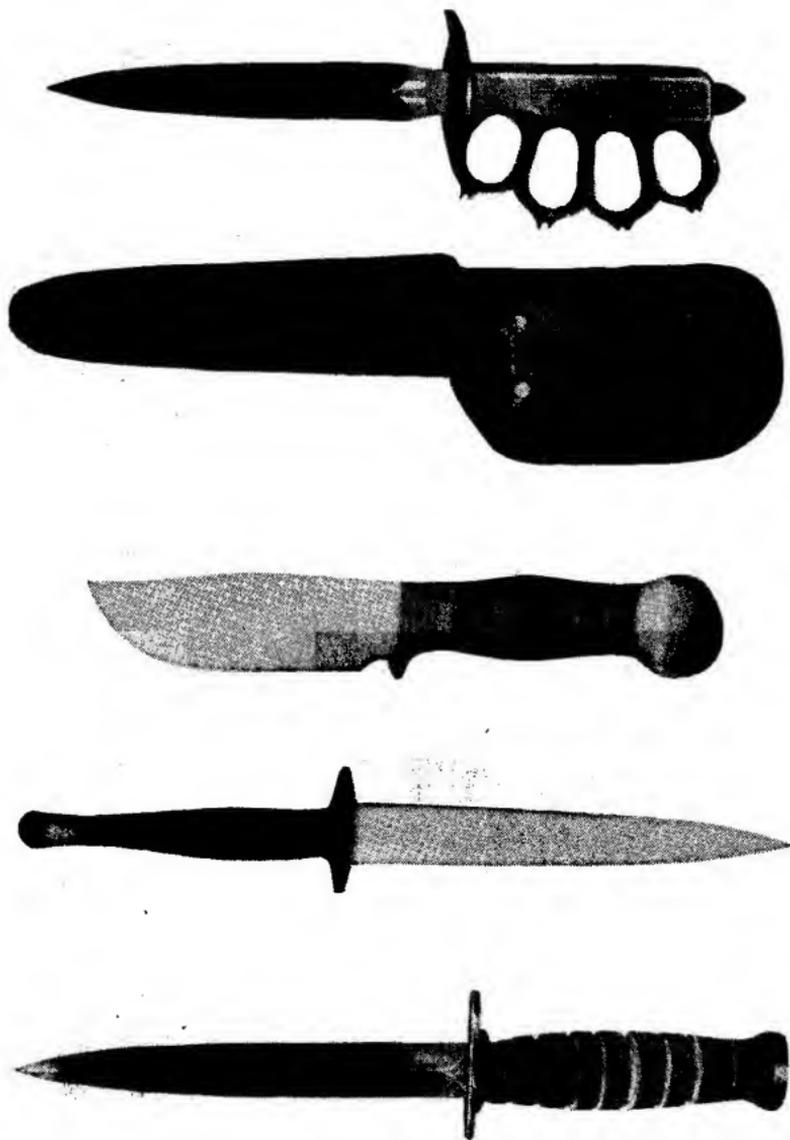
East, can be done with any light cord or wire of strong tensile strength. The thinner the diameter the more instant the effectiveness. On the battlefield it is possible to take up a short piece of cord or piece of wire about 18 inches in length. Tie a loop at each end of the cord or tie small wooden blocks on the end so that a secure grip can be taken. Approaching the man from the rear, put him off balance, as in the other case, with the right foot against the inside of the right knee, and with a hand on each end of the cord, the cord held taut, bring the cord over the head and against the throat. Cross your arms at the rear of the neck and apply pressure both ways. Strangulation is quick and silent. There are many variations to this technique: one is to use a noose like our American lasso. The advantage of having both ends of the cord, one in each hand and pulled taut, and then putting it over the victim's head is apparent, particularly when you consider that he might have a hat, helmet or something else which would be sufficient to prevent a noose or loop from being thrown over accurately.

## Chapter 5

# THE FIGHTING KNIFE

Every American soldier, officer or enlisted man, should be issued a fighting knife and trained in its use. Although in World War I our men were issued a trench knife for close quarter work, to date in this conflict, the majority of our soldiers have not been issued a true fighting knife, the deadliest of all close quarter weapons. The trench knife of 1918 was a short-bladed, unwieldy thing, with a large combination handle and brass knuckles for its hilt. It was possible to use in only one way due to the peculiar handle construction. Little definite instruction in its use as a fighting implement was given. Knives at present fall into two general categories, those designed for straight fighting and the multi-purpose weapon, called the utility knife. The M<sub>3</sub> knife of recent issue is designed as a utility knife but it can be cut down into a true fighting knife with a little effort. Its construction is basically good; others have been designed and issued for fighting alone, but their general design has been poor.

Large numbers of trench knives which were carried over from 1918 have been issued to overseas units of World War II in lieu of a better weapon. At the present, some equipment boards in deciding on a suitable bladed weapon for use of troops try to combine in the weapon a good many different features so that it can be used to cut brush, dig fox holes, and for other utility purposes, as well as for its true purpose of close-in fighting. Reasons for the adoption of such types of utility weapons are good in many cases.



Top: Trench knife, first World War, with case.

Second: Utility knife, constructed along lines of hunting knife.

Third: Fighting knife.

Bottom: Fighting knife modified from utility knife issued to American troops. The cross guard has been straightened, the back edge ground to a cutting edge, and the blade tapered to a point.

Though no attempt is made here to criticize such a selection, there is just as much justification for a pure fighting knife in a great many operational theaters as there is for the selection of the utility type knife. It would be much better, if a utility knife is needed, to issue it along with a knife that is designed and suited for fighting, instead of relying on one type for both purposes.

The utility knife is usually constructed on the lines of an extra large hunting knife of commercial variety. It is sharp on one edge and sharpened about two inches back from the point on the non-cutting side. The handle is usually of the conventional leather disk type, with a metal butt piece. The blade at its widest part is about an inch and a quarter broad and it is about one-eighth of an inch thick on the top of the non-sharpened edge. This knife admittedly has many uses, but its very construction limits its use as a fighting weapon. The balance is usually toward the point unless the butt piece is very heavy. The handle must either be gripped with the wrist on the top (unsharpened side) which permits only an upward thrust, or with the wrist on the bottom or the cutting side, which permits only a downward thrust. In both cases, the only actual fighting quality derived from the knife is that of the thrust and no use except a very awkward one can be made of the knife's cutting edge. The type of handle does not lend itself to that very essential fundamental in a fighting knife, maneuverability.

The single-edge blade does not utilize to the fullest extent the slashing possibilities of the weapon. In addition, the width of the blade, the rather abrupt curve from the point, and the thickness of the blade do not give the best in thrusting qualities. An extreme amount of force is necessary to get penetration in the thrust, especially when heavy clothing or bony structure must be penetrated. The weight, the length of the blade, the single-edge factor, plus the handle construction, all these do not lend themselves to making it the most effective close quarter weapon. A knife of this type, although useful for general utility work, does not

readily adapt itself to concealment or ease in carrying and above all, it has not that personal quality of being strictly a fighting weapon.

This quality is important for psychological reasons in the mind of the knife user. When a man has a weapon which he knows is designed for fighting alone and has been trained in its use, he immediately develops a sense of confidence in it that he will never feel toward the utility knife. His fighting knife takes on a definite personal characteristic. He carries it with him at all times, he sharpens it often, and he will regard it as a very necessary part of his personal equipment.

The ideal weapon for close-in fighting has cutting and thrusting edges, plus extreme maneuverability. This last feature is very important. The handle should be like that of a fencing foil, so the knife can be used for cutting and thrusting in any direction whatsoever without a change in grip. The weight in such a fighting knife is toward the hilt. The blade is about six inches in length, is double-edged and tapers to a point. This length blade is ideal for balance, is good for both the cut and the thrust, and is long enough to penetrate heavy clothing without losing its effectiveness. Its width at its widest part near the guard should not be over one inch. It can either be hollow ground or can taper evenly toward both edges from the strengthening ridge which runs down the center of the blade until it reaches the point of the knife.

The handle is round or oval in shape, its largest diameter is toward the center and it tapers off toward the guard as well as the butt. The over-all weight is approximately ten ounces. The handle, in addition to being rounded, is checkered. Such a knife, with balance toward the handle, lends itself more easily to maneuverability, is more easily passed from hand to hand, and with weight in the handle, gives a better grip for passing, thrusting and slashing. Its very design makes it a true fighting knife, combining both cutting and slashing qualities, due to its double edge. The double edge is also desirable in preventing an opponent from wrest-



Correct grip for fighting knife.



Common type grip limiting use to downward thrust.



Common type grip limiting use to upward thrust.

ing it from the hand of the user. The opponent cannot grasp its blade without a severe cut.

The proper grip on the handle of a knife of this type is as follows: It lies diagonally across the outstretched palm of the hand. The small part of the handle next to the cross guard is grasped by the thumb and forefinger. The middle finger also lays over the handle at the point where its largest diameter occurs. With the knife held in this fashion, it is very easy to maneuver it in all directions by controlling the direction of the blade by a combination movement of the fore and middle fingers plus a turning of the wrist. When the palm is up it is possible (holding knife in the right hand) to slash to the right. When the palm is turned down, it is possible to slash to the left. The thrust can be executed from either the palm up or down position. At the time of contact in the thrust or the slash, the knife is grasped tightly by all fingers. The initial controlling grip of the fore and middle fingers has not changed and the blade becomes a mere continuation of the arm.



Such knife manipulation is easy and skill can be acquired after a few hours practice, but only if the handle is generally constructed along the lines described above. The handle here described was round. However, a handle of similar size in oval shape works equally well.

Little has ever been written concerning the use of a knife for close in fighting, and in most nations or racial groups in which a bladed weapon is used, little has actually been done in instructing in its use. The knife has been considered merely a weapon characteristic of that particular area and race, each individual using it as he saw fit.

Professional fencing instructors have lately endeavored to lay down programs for training in knife work, but most of them visualize a situation from the fencer's viewpoint, in which two men approach each other from a distance with drawn knives. Thus they have tried to develop a system of knife fencing instead of close-in knife fighting.

As the knife is ideal for close quarter work, in the majority of cases in which it is used, the victim will not see it coming until it is too late. It will usually be used in total or semi-darkness. Thus proper knife technique begins at close quarters when the blade has been drawn for killing. It may be used because it is noiseless and silence is desirable, or it may be used when ammunition for firearms is gone. In any event, the proper approach in close combat utilizes if possible the element of surprise. Carry the knife in the right hand and a handful of dirt in the left. Throw the dirt in the opponent's eyes and stick him in the stomach. Such tactics are certainly not orthodox, but anything to disturb your opponent's mental and physical balance, distract his attention, or confuse his vision, is certainly applicable when he can see the blade coming. Draw your knife only when you intend to cut somebody. Don't use it as a pencil sharpener or to open a can of tomatoes.

In the present conflict, the fighting knife has had two main uses, one as a reserve weapon to be used when all else fails, and the other for specific missions, such as assassination, sentry killing, or in any situation where silence and quick

killing efficiency are desired. That it is important as a major weapon for troops has lately become more evident by reactions and reports from the Pacific theater where our enemies have put it to such good use. In the European theater, Commando type troops have used it with success and in most of the armies, both Allied and Axis, some sort of knives has been adopted and issued to military personnel, although little definite instruction in their use seems to have been given to the troops carrying them. In certain areas, they have played an important part in hand to hand combat. Yugoslavs, Greeks and other natives of the Balkan area, the Finns, and some Russian units are reported to have made good use of fighting knives.

Before going into actual knife fighting technique, we should discount knife throwing as a practical method of combat. There are few individuals in the world who can pick up a knife, throw it at a moving object at an unknown distance, and hit a vital spot. In the main, knife throwing is an art relegated to vaudeville and stage. The reason for this is that to throw a knife properly, the exact distance from the thrower to the target must be known because the knife turns end over end as it travels through the air. The thrower, therefore, must know his distance to be able to control the number of turns the knife makes, so that it may hit the target point first. There are some methods of knife throwing at close ranges without the blade's turning over in the air, but considering the movement of the target, heavy clothing, and the fact that if you miss, you are without a weapon, it is easy to see that knife throwing is not too practical.

There are definite psychological considerations in regard to knife fighting which pertain to both the user and the enemy. In the first place, unless the knife is considered a personal weapon by the individual, such as is common in the case of certain racial groups, the untrained user will have a noticeable aversion to thinking of the knife as a weapon to use in combat. This is especially true of the ordinary American soldier who would much rather use his fists in close contact

fighting than a knife, because generally speaking the knife is little used as a weapon in civil life. This affords a very good reason why it is important to train our personnel in using a knife.

This psychological barrier must be overcome and the soldier must achieve skill in handling the knife as a weapon. The average American doughboy when shown a fighting knife for the first time, will have an aversion to its use as a killing implement. This same feeling is apparent in preliminary stages of bayonet training. However, once that infantry man has run the bayonet course and has used the bayonet on dummies, the killing instinct becomes aroused to the point where he has confidence in the weapon and is not adverse to using it. The same thing applies to knife training and the same result will be obtained if individuals are taught to use the knife properly and dummies which can be slashed and cut are used in the course of instruction.

An excellent example of the psychological effect of the knife on enemy troops occurred during the early days of the Lybian campaign against the Italians. Native troops on the Allied side were particularly skilled in the use of the knife. They were also excellent stalkers. It was the practice along a certain sector for these natives to slip out into the desert and crawl into the ranks of the sleeping Italians where the knife was used to slit the throat of one of the group only. Upon awakening, the other soldiers seeing a dead comrade with his throat slit would be extremely shaken. This contributed a general lowering of the Italian morale, and in the long run contributed a great deal to their surrender.

To the untrained man, the appearance of a knife in the hands of an enemy causes panic. This is heightened by the use of a bright, flashing blade in place of a blade of blued steel. There is a definite advantage to the attacker who uses a bright blade instead of a darkened one. The knife with the darkened or blued blade is in reality not much advantage because in a very short time, due to sharpening, wear in the sheath and other places, the bluing wears off, leaving it bright. Actually the best fighting knife should be constructed

with a stainless steel blade and a dark handle which will not wear bright, so that it will not reflect light when it is in the sheath.

Although the utility knife is the only one discussed here other than the true fighting knife, it may be said that any other type knife which can be gripped and used only in the manner of the utility weapon is not nearly so suitable as the one with the foil-like handle. The argument, used in case of the utility weapon, that it can be used also as a cutting instrument when the saber-like blow is delivered is true, but the utility knife in itself does not pack enough weight to always get a fatal or incapacitating blow by the saber stroke. Much better and heavier weapons have been developed. The ordinary machete, the native cane knife, the British smatchete, are all heavier weapons which can be best utilized for this saber type of attack.

In instructing an individual in the use of a fighting knife, certain initial steps should be taken, certain explanations made to place the instruction in a fertile field and in a receptive mind. This is done by explaining to the individual the general background of knives in combat, such as mentioned in the front part of this article, and also placing him in the position where he can readily see by simple demonstration the various advantages and disadvantages of the two general types of knives previously discussed. Simple demonstrations, showing a fighting knife held with the fencing foil grip and then another knife gripped first with the wrist on the upper side and then on the lower will clearly present to his mind the advantage of the true fighting knife. This advantage, however, needs more than an actual demonstration to take effect. If a man had to use a knife in the course of the next few hours after the demonstration, he would probably grip it in the unskilled manner, allowing him to make only a downward or upward thrust. This can be attributed to lack of practice.

At this point, it is well to enter into discussion with the student on various types of knives he has seen and instances in which they have been used. In general knives with spikes on the butt, brass knuckles for the handle, and any other

like addition are not practical. Operationally they don't justify themselves. Their appearance, it is true, does create awe in the eyes of the unskilled. However there is some merit to such a combination knife if the man is untrained. Psychologically he feels better about his weapon and its possibilities until he learns about knives. The discussion will arouse a great deal of interest and a good many questions will arise which the instructor would not have otherwise brought forward. Here again stress the instances in which the knife will be used and build up the picture that in the first place, unless on specific missions, the knife is a reserve or last ditch weapon which will be used at extremely close quarters after firearms may no longer be used. Under the heading of specific missions, go through various accounts, such as the Italian reference earlier in the chapter, to illustrate its dangerous effectiveness in various situations. After the student has had this preliminary indoctrination lecture, allow him to feel and handle various types of knives which you may have available and to demonstrate to himself the three basic essentials of each knife, namely, thrusting, slashing and maneuverability.

In the next session, emphasize again the essential characteristics of a true fighting knife and also the fact that in most cases where it is used, it will be dark or semi-dark.

Show the proper method of attack in the open, where the opponent can see you, by demonstrating the attack from a crouch with the left hand forward and the knife held with the handle across the palm of the right, close to the body. The left hand will act as a guard and a foil or parry, which will help in getting the opening for the slash or thrust. The left hand may also be used to distract his attention by waving it in his face, or by making sudden darting motions toward him. Stress the fact that when the main is in the crouch with his left hand forward to parry, he is in a position of extreme mobility, because his knees are flexed and he is in perfect balance. In the crouch he is also protecting his vital mid-section and throat area from possible vital thrusts by his opponent who might be likewise armed with a knife. He is also in a



Front view showing correct grip and crouch for attack.



Side view showing crouch and left arm ready to parry.

position where he can possibly foil the usual knife defenses if this opponent is unarmed, such as a chair, a club, or any other object, which may be used to strike or to throw.

At this point, place in the hands of the students dummy knives constructed, particularly in the handle, as the fighting knife and let them practice thrusts and slashes on each other. If dummy knives are not readily available, tent pegs, such as are issued in a bedding roll for use with a pup tent, make a fair substitute. After a preliminary round of this, emphasize the vulnerable spots of the body which are particularly sensitive to knife attacks of both the thrust and slash type.

A man when attacked from the front with a blade has two spots which he instinctively protects. They are the throat and the stomach, or abdominal section. Perhaps the reason that he instinctively protects these two areas is that they are easy to reach, but in any event, the psychological effect of a knife wound in these areas, regardless of whether it is serious or not, is so great that the victim is usually momen-



Top: Neck slash.  
Middle: Thrust to jugular vein.  
Bottom: Stomach thrust.

rarily mentally incapacitated. The throat area is susceptible from either the thrust or the slash, the thrust being most effective when driven into the hollow at the base of the throat just below the Adam's apple. A thrust there into the jugular vein or a slash on either side of the neck, cutting the arteries which furnish the blood to the brain results in extreme loss of blood and death in a very short time. Thrusts in the abdominal area which can be combined with the slash as the knife is withdrawn have a great shocking effect upon the individual and usually incapacitate him to the point where another blow can be given with the weapon before he has a chance to recover. A deep wound in the abdominal area will cause death if unattended, but is much slower than a good thrust or slash in the throat area. The heart is, of course, a vital spot for the thrust, but the protection of the ribs makes it more difficult to hit. In some cases, knife thrusts directed toward the heart have been stopped by the ribs and the point of the knife broken off by the bony structure without causing a vital wound. Usually, however, the



Slash across biceps (slash inside wrist also very effective).



Slash to inside of thigh.

blade will slide off the rib and go into the vital area. The heart thrust is, of course, immediately fatal.

It is possible to get an effective slash across the sides of the throat from the rear, but one of the most effective knife blows in the rear of the victim is that delivered in the kidney or small of the back area. Penetration here in the form of a deep thrust will cause great shock, internal hemorrhage, but not necessarily death. This back or kidney thrust is best used in the sentry attack as will be explained later. The vital areas are still the throat, heart, and abdominal sections, and all other knife thrusts and slashes should be preliminary to the vital killing stroke delivered to these areas. The slash can be effectively used to sever the tendons on the inside of the wrist. This is most effective against a person who is trying to protect himself from the knife and has his arm outstretched to do so. This slash renders the hand useless. A slash across the large muscle of the biceps has the same effect. A slash on the inside of the thigh or arm will cut arteries, and will also incapacitate if delivered deep enough. The slashes of these areas, in addition to disabling the opponent, cut various veins and arteries and if left unattended, will cause death from loss of blood.

After the student has been shown the vulnerable spots, let him take a real knife and practice manipulating it facing a dummy. This dummy can be of an old pair of coveralls filled with straw or any other suitable replica of a man's body which has arms and legs. Make him practice slowly at first executing thrusts and slashes always from the crouch; speed up the tempo as practice goes along and verbally give him spots to hit as he practices. About six hours such practice will give the student an extreme amount of confidence in his weapon and a skill in its use which will place him well above the average knife wielder.

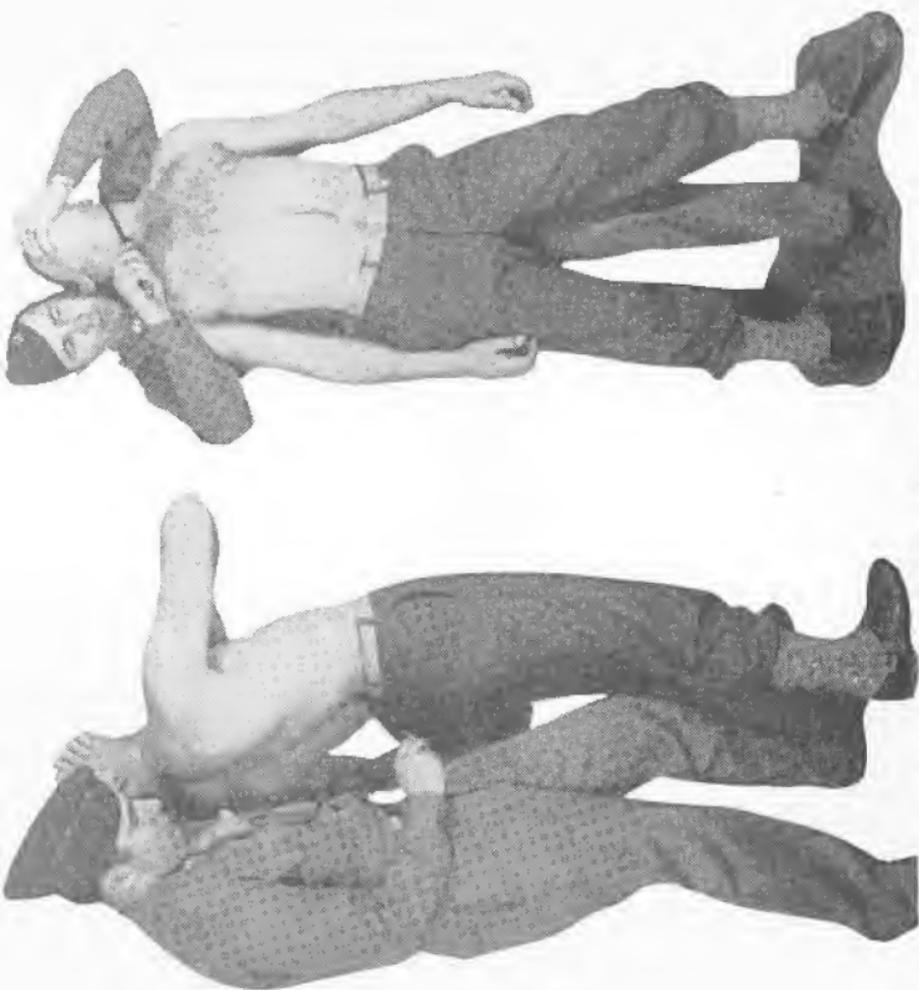
To cover the various places in which the knife is carried, let us say first that it should be carried in a place where the bearer can with the least possible effort and with the most speed draw it from its sheath. This place where he carries the weapon may vary greatly due to racial and local

custom and the type of garment which the knife carrier wears.

Knives have been carried successfully in the following places: in a sheath at the side, down the back of the neck, up the sleeve, stuck in the top of a boot or legging, with the sheath sewn inside the front pocket, under the lapel of a suit coat, in the crown of a hat, between the belt and the trousers, strapped to the inside of the thigh beneath the trouser leg, in a sheath sewn diagonally across the chest, on a vest, and in any other place combining both concealment and the element of surprise to the advantage of the user. As in the carrying of small arms, there is no one best place to carry a knife. Each individual has his own ideas, but once a place has been decided upon, let the knife user carry it there constantly and practice its draw from that location, so that he will be able to use it with the greatest speed and with as much instinctive movement as possible.

### *Sentry Killing*

In sentry killing, all things regarding the approach and initial attack described for use with a Japanese strangle apply. The approach from the rear is naturally a noiseless one. At the time of rising a few feet in the rear of the victim, the knife should either be taken from the sheath where it has been during the crawl, or taken from the teeth where it may have been carried. The attack is launched from a distance of not less than 5 feet from the victim and is initiated as soon as the attacker has arrived at that spot. This immediate attack is important because of the animal instinct, emphasized by keeping your eyes steadily on him as you approach, which will warn the victim that some one is approaching and watching him. The upward thrust of the knife into the middle of the back or the right or left kidney section is executed at the end of the leap to the attack. At the same time, the free hand is clasped over the mouth and nose of the victim, pulling him backward off balance. The thrust into the kidney area has initially a great shocking effect and no outcry will occur if the free hand goes over the mouth and nose at the time of the thrust. Pull the victim back upon



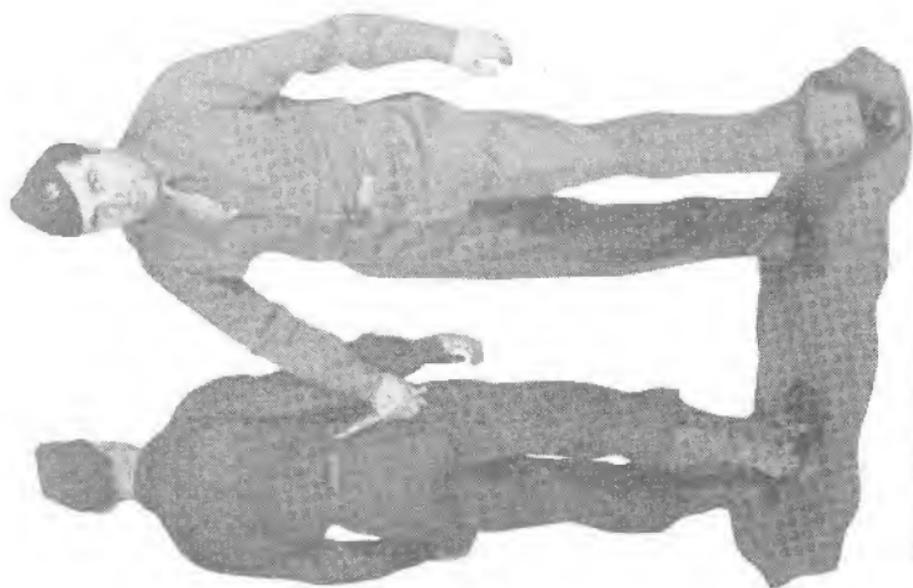
Thrust to kidney area; hand over nose and mouth . . . withdraw knife and cut throat.



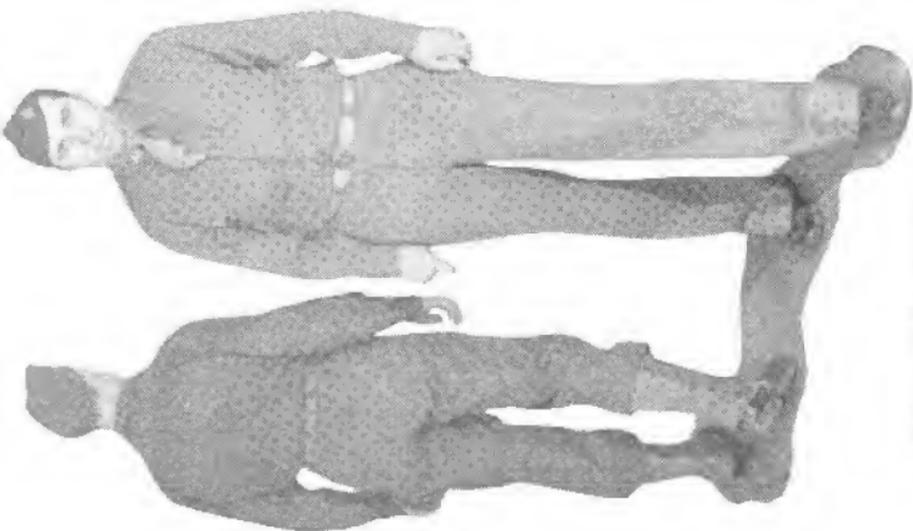
Assassins trick: Blade lying along forearm.

the blade continually and after a few seconds, pull the blade from the back, and maintaining the same grip on nose and throat, lift the head up and slash the jugular vein.

One method of using the knife in assassination is worthy of mention because it is as old as history and is practiced throughout the occupied countries today. Fortunately members of the Gestapo and local Quislings have been the ma-



Plunge knife into kidney area while passing.



Assassins trick: Passing victim.

majority of the victims. The assassin spies his victim in a crowd and approaches him from the front. His knife is held in his hand with the hilt down and the blade laying flat along the inside of the forearm or concealed up the sleeve. The handle, is of course, concealed by the fingers. The assassin with the knife in this position passes the intended victim walking toward him, and as he reaches a point directly opposite the victim, a simple movement of his wrist frees the blade and a short arm movement plunges it into the kidney area of the victim. The knife is either left sticking in the wound or is pulled out and the assassin walks on through the crowd, his movement generally undetected.

Recent reports from both enlisted men and officers of Army and Marine forces engaged in combat in the Pacific theater have all stressed the desirability of a knife for troops. These requests have varied from the request for a utility type weapon, which admittedly is necessary in the heavy jungle growth, to requests for a pure fighting knife. When early Marine units departed for the Pacific theater last year, the commanders who had considerable jungle warfare experience in Panama and South America requisitioned from hardware stores and other sources of supply on the Pacific coast large clasp knives, hunting knives, and other knives available which would be suitable for jungle work. Particularly in the Pacific theater, the knife has been proven to be an important weapon, because the very nature of jungle warfare makes it close quarter work where the bladed weapon is particularly useful, especially in the dark.

As before mentioned, the American troops should be thoroughly indoctrinated to the knife and trained in its use. A vast majority of them will sooner or later come into contact with it in the theaters of operation. The psychological effect upon the individual soldier will be much less if he has had preliminary training and instruction in the use of the knife, particularly when he is faced with a shiny blade in the hands of the enemy.

*Defense Against the Knife*

In a majority of cases where an individual comes up against a knife in the hands of the enemy, he will never get a chance to see it coming until it is too late to do anything about it. This is due to poor light or weather conditions during which the use of such bladed weapons is ideal as well as the fact that the knife and its draw from the sheath are usually well concealed.

*Keep Knife-man Away from Body:* At extremely close quarters there is not time enough to make any defense against such a weapon other than an instinctive arm parry or block. Under circumstances where you are able to see the attack coming, there are certain defenses which are very effective, if you have time to execute them. If possible, never let a man with a knife get within striking distance. Throw your empty weapons, your helmets, or a handful dirt into the attacker's eyes, or pick up a club or other weapon readily at hand. If these means of defense do not stop him or are not available, there are defenses at close quarters by which you can protect yourself from the blade and after doing so execute an attack.

The defenses described in the following paragraphs discuss possibilities dealing with a knife in the right hand of the enemy, provided you, as recipient of the attack, are also right-handed. By the same token, the left-handed individual, by reversing the described methods can obtain the same results.

*Force of Knife Blow:* Any knife or other type of defense should depend as much as possible upon an individual's instinctive reaction. In other words, it is much easier and surer for a right-handed individual to use the right hand to ward off or parry a blow than it would be for him to use his left hand in the initial phase of defense. When the knife is raised above the individual's head in a position to make a downward thrust, the best point to start the defense is before momentum and power is applied in the downward, sweeping motion. In most cases, however, the hand grasping the knife will be coming downward toward the victim with all the power and force that the attacker can command to satisfy his lust to kill.



Usual knife defense, initiated with left hand. Note danger if hand misses wrist.

*The fallacy of the common block:* Most knife defenses shown involve a "block" by grasping the wrist or by using the forearm. These do not take into account the extreme force of the downward thrust and its resultant impact which will cause the blade to crash through such defense to penetrate a vital body area.

The most common knife defense shown to individuals is the one which utilizes a grip of the wrist by the left hand followed by an arm lock, or by a block of the downward thrust, using the right forearm. In these two cases the momentum of the knife arm will ordinarily crash through to the knife's objective. Another danger of using the common defense, of grasping the "knife wrist" by the left hand is the fact that such a method depends upon good light and perfect timing to enable a grip on the moving "knife wrist." If the blow is sweeping down with great force and the recipient tries to grip the wrist in his left hand, the force directed toward the body area may be such that the thumb side of the gripping hand is liable to give way, thus allowing the thrust to continue towards its goal.



Better knife defense, using right hand, and twisting body to escape blow if grip misses.



Applying lock after grasping wrist in right hand.



Arm parry of a . . .



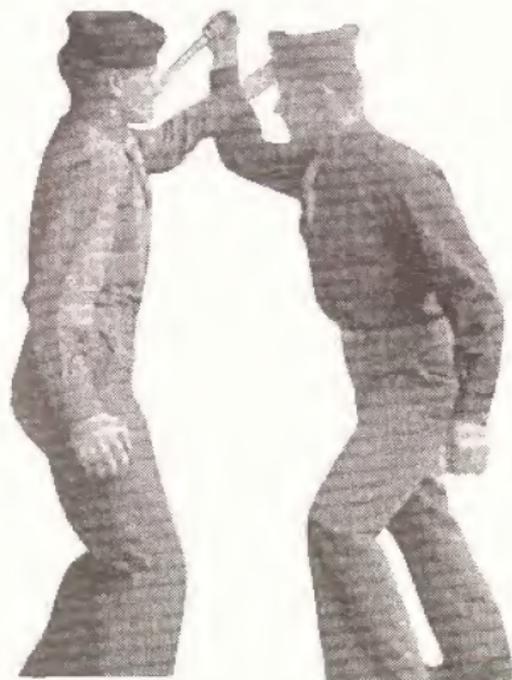
. . . downward thrust.

Another disadvantage of this common type of defense is that the initial gripping movement, which is usually instinctive, is with the left, not the master hand. Therefore a great amount of practice is necessary before such a grip can become instinctive.

*Use of Master Hand:* The best grip defense against a downward sweep of a knife, therefore, is one which utilizes the master hand, which is the right hand in the case of most individuals, and takes the force on the palm and finger side. By gripping the "knife wrist" with the right hand you also pivot your body as you reach forward, thus protecting exposed vital body areas. From the position of the knife wrist grasped in the right hand you may apply an arm lock or any of the other means of attack which have been mentioned before, the use of which can be determined best after some practice. The wrist grasped with the right hand is also a risky proposition in poor light, but inasmuch as the body pivots in its execution, there is less likelihood of receiving an incapacitating wound.

*The Parry:* A more certain defense against the downward knife thrust is the parry, diverting the power of the thrust as it sweeps downward. This is better because the whole length of the arm can be used. By using the right arm to parry to the right, the hand holding the knife will follow on down along the outside of the body. Even in case the parry is not entirely successful, a flesh wound in a non-vital area will be the result. Here again, the recipient of the attack takes advantage of the instinctive movement to thrust his master hand above his head in order to protect himself from the downward blow, the only difference being that the movement of the right arm is a sweep to the right in place of a block. Conversely, one can parry the downward blow of the right-handed man, by using the left arm to parry to the outside, but the chance here of the knife crashing through, if the parry were unsuccessful, is greater because the body is directly facing the knife man, whereas when you use the right arm the trunk of the body is turned.

When you are faced with a knife held in the hands of an



Using the left hand to parry a right handed thrust to outside.

enemy for an upward thrust into your abdominal region, the parry is again the best means of defense. The parry can be executed either with the right or left arm as follows: As the attacker makes an upward thrust, sweep your right arm across the front of your body and catch the upward moving knife arm on the outside of your arm. This will cause the direction of the thrust to be diverted to your right, or outside of your body. The left arm may be used to take the initial impact to parry the weapon to the right also, but better timing is necessary if a left is used.

Any sweep of the arm in any direction, such as in a parry, causes the body to pivot naturally out of line of the thrust. Once the parry or block has been successfully completed, you must move in close to your man and finish him off.

*Use of Feet:* One of the most effective means of defending oneself against a knife-man advancing to attack in a crouch position with knife held close to his body is to use the side of your foot to kick out the knee of the advanced leg of the attacker.



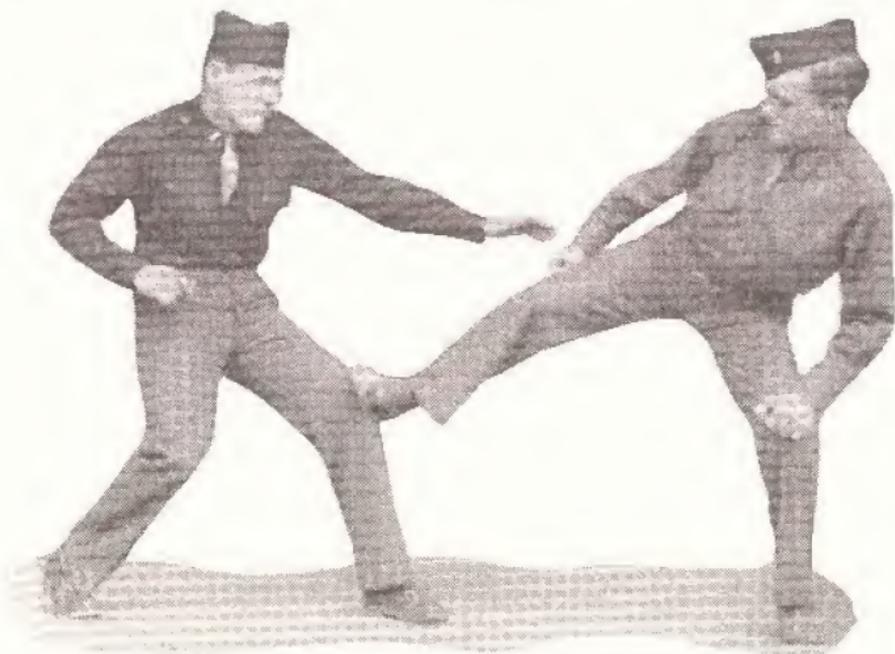
Parrying an underhand thrust, using the right or master arm.

If you find yourself surrounded in a room where individuals would be likely to use knives, back into a corner and use your feet to keep them out of arm's reach.

*Use of Chair:* The "chair defense" against a knife-man is good, provided you have a chair handy. Grip it by the back and point the legs at your attacker. Advance toward him, making short jabs as you advance.

The principle involved here is the same as that used in lion taming. The knife-man cannot possibly watch all four legs of the chair at once. Consequently he becomes confused and is more susceptible to blows from your feet which can be directed towards his body in conjunction with a thrust of the chair.

*Use of Stick:* Another defense, which is employed against a skilled knife fighter is the use of a small stick. The stick is grasped in the right hand in such a manner that the length runs down the inside of the forearm. After some practice you can make it virtually impossible for the knife-man to reach into your vital body areas. Use the forearm to parry



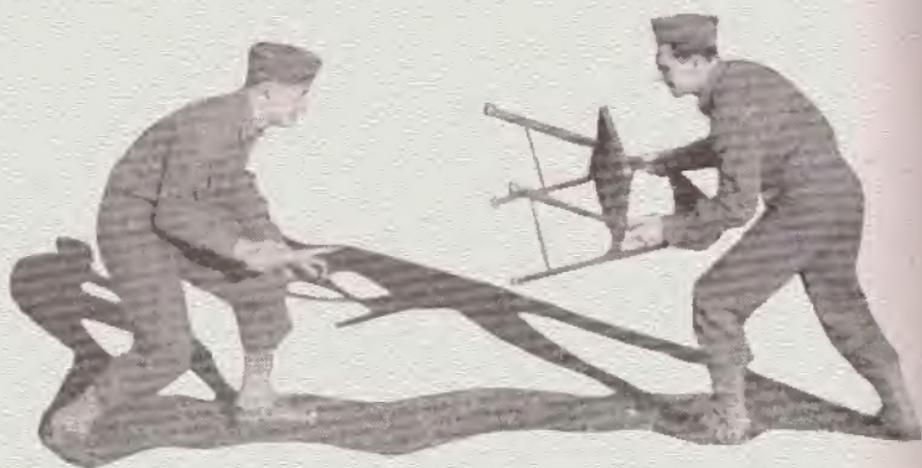
Foot defense against knife man.

any attempt to thrust. The stick lies along the inside of the forearm and wrist in such a manner as to protect the tendons and arteries against a disabling cut or slash. A cut on the outside, or bony part of the forearm will have little "hamstringing" effect.

As mentioned previously, these defenses are only possible and practicable after you have had ample time to see the knife coming towards you. The best stick defense is the one which involves the use of a limb or club the size of a baseball bat, using it with both hands in the traditional manner.

*Value of Surprise:* Remember that the element of surprise is very great against the knife-man if you can take the offensive in conjunction with the parry or block.

As to any definite means or methods to finish him off during the attack, that depends upon you, and what you can do best according to what you have gained through practice of attacks mentioned elsewhere.



Above: Chair defense against knife.

Below: Stick defense against knife slash.

## Chapter 6

# HAND GUN OFFENSE

*"Fear no man, no matter his size,  
"When trouble threatens, call on me--  
"I'll equalize."*

—JUDGE COLT.

It has been said over and over again that all men were not born equal—Samuel Colt made them that way. The hand gun in pioneer days put the little man on even terms with the big fellow. In the pioneer West every man was his own law. The Colt, which was called in popular slang "the great equalizer," was indispensable. The highest premium of all—life—was often the reward for skilled gun fighting.

Famed six-gun experts such as Wild Bill Hickock, John Wesley Hardin, Billy the Kid, and Doc Holliday lived and died by their guns. To them their guns were tools of the trade, not to be used primarily as game-getters or for target practice; in short, a necessity, not a novelty. The gun fighter of the early day was often on the opposite side of law and order, and at other times, as in Hickock's case, was hired by law enforcement agencies to wipe out the criminal element by his skill and efficiency in the use of the hand gun. Not an army but a gun fighter, using a hand gun or rifle, tamed the savage frontier and conquered the red man and lawlessness.

The gun fighters of our early days naturally were not equipped with weapons of the mechanical and scientific per-

fection of our present era, but the principles which were used and the element of skill in shooting were identical to those of today. No other nation in the world has adapted the hand gun to general use in sports and police work as has America.

The purposes of the hand gun in the present age are two: for use in sports, and for use as a weapon of combat. The type of shooting and instruction involved in these two phases should be as different as black is from white. While the high degree of skill attained by expert target shooters is to be admired, it is of little use to men in close combat. We are only concerned with the use of the pistol as a means of offensive combat, and all comments hereinafter will be based solely upon making the student familiar with the hand gun primarily as a means of offense, secondarily as one of defense.

To be able to hit a black dot at a given number of yards is not nearly so important as to be able to hit an enemy before he gets you. The desired goal is to ingrain in the shooter a supreme sense of confidence in the hand gun, and complete confidence in his ability to use it so to get there "fustest with the mostest lead."

It is a matter of record that the majority of shooting affrays between individuals take place at a distance of not more than 20 feet. Consequently, the man who can use his weapon quickly and accurately from any position without using the sights is the one who will stand the best chance of not going out feet first. In hand gun offense the circumstances are entirely different from those of target shooting. Here speed in firing, confidence of the shooter in his weapon and in his ability, and practice under conditions which approach those of actual combat firing are the important factors. You have a choice—you may be among the quick or among the dead.

Hair-splitting accuracy is not essential, but the ability to hit a man-sized target at short range with speed, under difficult conditions, is. There are always cases when long deliberate sighting shots are necessary, but even here the factor of speed is often essential as the target will be exposed only for a brief period.

In World War II we are reverting to the type of individual warfare of earlier times. Street fighting, house fighting, and other close quarter work occur frequently. Skill in the use of the hand gun, the submachine gun, and other quick-fire weapons will become increasingly important and should be stressed to a greater degree than is now common in training of certain units of our armed forces and among law enforcement agencies.

There has been a tendency to regard the pistol as of little practical worth in modern warfare. This attitude can be traced to half knowledge of the weapon and its potentialities and to the fact that it has been relied upon as a secondary or defensive weapon. Our soldiers are largely untrained with the service weapon, and are mediocre combat performers with it because of the type of target instruction used. The service side arm in many cases has been replaced by the new carbine. No one questions the value of the new carbine in battle or doubts that it is more accurate than the .45 Colt in the hands of the majority of officers. However, it is still a rifle. It is larger and sometimes awkward to carry. A good many times it will be misplaced or not readily available when needed most. The pistol on the other hand is always with you in the holster without any carrying discomfort. The truly ideal combination and one that is being used is to carry both the carbine and pistol in combat. Police and other civilian enforcement agencies are spending too much time becoming good target shooters. The loaded pistol is many times more effective at close quarters than the unwieldy rifle, the knife, or any other fighting implement of similar size.

The pistol should have a very definite place in our training scheme. The full worth of this gun and skill in its use, as in the early days of our country, will never be realized as long as our men are compelled to sight and fire only at bulls-eye targets. If men must practice to kill each other, they should have targets and shooting conditions which will be practical and bear a close resemblance to actual combat. Modern battle training which involves the use of larger weapons has recognized this fact. Our soldiers and police should be taught to

hit close targets in the shape of the enemy, quickly and with as little deliberate aiming as possible.

If a recruit is placed for his initial training on a target range where he has to battle the black dot and percentage, his confidence will rise as slowly as his target skill will after a certain point in his preliminary training has been reached.

On the other hand, place a man in his initial firing against silhouettes and other facsimilies of enemy troops in which the only necessity is to register a hit on a vital spot on the target, and his confidence in himself and the weapon will be such that a deadly short range pistol fighter can be produced with comparatively few rounds practice and in a much shorter time. An unskilled shooter is invariably baffled by bulls-eye shooting and a marked inferiority complex is soon developed. The man target is easy to hit; the possibilities of the gun are demonstrated in a practical manner. Bulls-eye training is most certainly best applicable to peace time competitive shooting.

Different racial groups react differently to hand guns and usually have confidence only in their national weapon. However, in instruction in the instinctive type of gun shooting, regardless of the national weapon or degree of familiarity previously enjoyed by the pupil in the hand gun, a quick, efficient offensive shooter can be developed after about 200 rounds of closely supervised practice.

As before mentioned, this is not a new type of shooting, but was used in the pioneer days and has been used to a limited extent by various police and law enforcement agencies here and abroad. However, the impetus was not maintained throughout and usually the shooter was allowed to return to target practice after he had a certain amount of preliminary practical instruction.

Various American experts, such as Fitzgerald of Colt; Peret of Remington, and Askins of the Border Patrol have advocated its adoption by all law enforcement agencies. Aside from immediate circles around these individuals and in some Federal agencies, such as the F. B. I., little thought has been given and little has been accomplished in teaching a man how to use

his hand gun without the use of sights in offensive combat. This method has been called by various names, such as body pointing, instinctive pointing, or finger pointing shooting. The Shanghai police, under the instruction of W. E. Fairbairn and E. A. Sykes are the only ones who adopted it and trained men in it extensively and successfully in combating the criminal elements. Certain units of the British and American armed forces have been so instructed with good operational results.

To consider this method of shooting, first visualize the gun merely as an extension of the hand and the barrel as an extension of the forefinger which you are able to raise and point instinctively and naturally at any object with accurate results. All that is being done, therefore, is adding a gun to the pointing hand, the barrel being an extension of the pointing finger. If, when looking at an object, you suddenly raised your hand and pointed it toward the object, and if you were able to sight along your finger, you would be surprised at the accuracy with which you were pointing. This is the basic principle in such shooting. Good accuracy is possible and will result particularly when shooting at man-sized silhouettes or actual men in combat.

### *Shooting By Instinctive Pointing*

This method of firing is done and practiced with the body in a crouching position. The arm is fully extended, although the elbow may be slightly flexed. The grip of the hand on the weapon is tight—almost convulsive. The crouch is used because it has been found that when subject to enemy fire, men will instinctively assume this position. With the arm extended, control of elevation and windage is more easily affected and the necessity for the extreme amount of practice in learning to shoot accurately with the gun resting on the hip is eliminated. The grip on the pistol or revolver is extremely tight. This is also a combat condition, because in the midst of battle excitement, a man instinctively grips his weapon in this manner and certainly does not take time to hold his breath, line up the sights, and squeeze the trigger.

To go further into the difference between instinctive point-



Front view showing crouch and gun in lines with eyes and body center.



Raised weapon, in line with eyes.

ing shooting and hip shooting, let us bring out the fact that with the hip shooter the weapon is fired from a locked wrist and elbow which rests on either the right or the left hip. The slightest movement of the forearm from this pivot position creates a decided arc which is translated into extremes of elevation and windage even at close ranges. When a gun arm is resting on the hip, the shooter is looking at the target on a line from his eyes to the object at a point roughly twelve inches from that to which the barrel of the gun points if the two lines of sight are parallel. This type of hip shooting is not practical from a crouching position for obvious reasons, and it can not be used at targets above the level of the shooter. It will suffice in man to man combat at extremely short ranges, (less than 10 feet) but does not have the advantages of firing with the arm fully extended. It also takes many hundreds more rounds of practice to achieve proficiency.

Therefore the best system of firing in which speed and practicability must be considered and in which the sights are not used is as follows: Body crouched, arm extended with the

gun in a perpendicular line with the belt buckle and the eyes. It is far enough forward from the shooter's crouched position so he can see his weapon and the target at the same time, and can thus easily line up the two to get accurate shooting.

To achieve the desired position of the pistol in relation to the eye and body center it is necessary to flex the wrist a slight degree to the right, assuming, of course, that you are a



Side view, wrist and elbow flexed and locked, barrel parallel to ground.

right-handed shooter. If a man fires from this position, windage will automatically take care of itself and his principal concern will be elevation which can be easily controlled after supervised practice. The man who shoots in this manner fires in the direction in which his body is pointing. In other words, with wrist and elbow locked and the arm extended and maintained in the same relative position to the body and eyes, he is automatically on a line for accurate work by wheeling his body in any direction and looking at the target. As the arm is at all times in locked position at wrist and elbow, the only movement will be raising and lowering the weapon from the pivoting point of the shoulder.

Practice for the student should proceed in somewhat the following manner: He should be placed initially about 6 feet in front of a full length mirror and told to assume the crouching position. Either right or left foot may be forward. After taking a crouch, he should be instructed to raise and lower his hand, all the while looking at his image in the mirror, never once looking at the pointing finger, but only at the spot which he wishes to hit. In the crouch, his body should be leaning forward, his shoulders as nearly parallel as possible and it should be explained to him that this position is in reality only the pause for firing which he would make if he were walking forward at a crouch with his gun in his hand ready for any target which might appear.

After a short period of practice in this position in front of a mirror, he should be given a gun and allowed to continue the same type of practice, snapping the trigger as he raises his gun in line with the point on his reflection he wishes to hit. The best part of a man's anatomy to shoot at in combat is his middle, because a man-stopping hit can be made in that area much more easily. Any hit a foot high or low or a few inches to the right or left of the body center is almost always a good one. He should then be placed facing the mirror at right angles and given instruction to wheel and snap the weapon at the mirror image.

The question of how the shooter should move his feet when changing his body direction will arise. All that need be said

is that due to different positions in which the feet will be at the time of firing, the shooter should let his body direction change by moving his feet in any natural way. Instruction in a set method of wheeling the body and moving the feet is not advisable because of the uncertain elements of terrain, ground and feet position in combat.

Next the student should place his back toward the mirror and whirl around toward the target. At this stage the necessity for always firing with the arm extended and the gun in line with the eyes, letting the body do the actual aiming at the target, is apparent.

The question of what to do with the free hand (left) while the shooter is firing with the right may come up. It should be mentioned here that usually the free hand is best used for maintaining balance or carrying another weapon, like a grenade. Some coaches make the student place his left hand on the inside of his left thigh to square his body with the target. This is all right, but it is not natural and the shooter will not do this instinctively in actual combat. This is enough of a reason not to encourage it in practice.

You can then demonstrate how much better this method is by allowing him to face at right or left angles from the target, and in place of turning his body, merely having him swing his arm from right or left toward the target. It is easy to see that it is very difficult without turning the body to swing your arm in a new direction and maintain the proper windage for accurate firing. Usually two-thirds of the shots will be made either before his weapon reaches the target or after it has passed over and is on the other side.

The method used by some instructors which involves jumping, instead of a foot movement, to change body direction when firing is not very desirable, due to uneven terrain, chance of losing balance and lack of direction control.

To go back to our student who has taken his preliminary instruction in proper grip, stance and body position in front of the mirror. After he has practiced a sufficient length of time to master the fundamentals he may be allowed to fire at silhouettes. This expedient has been used with a great deal

of success to achieve fast, accurate results with a minimum expenditure of valuable ammunition which is often a major factor in training.

After the pointing stage has been mastered, give the student a toy gun which fires a little wooden dart with rubber suction cup on the end. It can be used with the darts just as it comes from the toy counter, or the mechanism can be placed in a wooden dummy of the shape, size and weight of the gun which the student will later fire. This toy makes it possible for the shooter to see in the mirror the exact point of impact of the bullet and also to see in the mirror his own errors. Small B.B. type pistols have also been used for this type of practice preliminary to firing live rounds.

After these preliminary stages have been passed, give the shooter live ammunition and start him out firing two shot bursts at a distance of not more than 8 feet at a man-sized silhouette mounted against a background which will show misses. He will thus be able to see his hits, misses and errors.

Four of the most common errors are: (1) A loose grip on the weapon which causes a wide disbursement of shots on the target, and is easily corrected. (2) Failure to raise the weapon to a point where the barrel is on a parallel with the ground surface, also easily eliminated by practice. (3) Failure to adopt a locked wrist and elbow in the shooting arm. (4) Instead of using the pivot of the shoulder joint alone when raising the weapon, the student may shove the arm and gun forward when firing. This causes the barrel to point downward. He may also bounce up and down by bending his knees every time he raises the weapon to fire.

After he has mastered the feel of his weapon when firing live ammunition and can place his shots in a group no larger than the spread of an average hand, let the distance be increased to a maximum of 20 feet. At this distance a group which can be covered by a spread of two hands is good.

One of the biggest reasons for the change in emphasis from the .45 to the carbine, besides the need for more range and accuracy, has been the method of instruction given for its use on ranges. No one questions the fact that knowledge

of the use of sights is important, but it was here that the instruction stopped. Consequently, when in combat a shot is made without time for sighting, misses are common at extremely close ranges. These misses are caused when the shooter who carries his gun at "raise pistol," because he learned that on the target range, shoves it forward at the target. The combination of the convulsive grip and the general structural design of the .45 causes the barrel to point down when it is shoved at the target, and a miss is made.

From this point which has been strictly frontal firing, move him again to the 8-foot range and let him practice firing at the silhouette from right and left angles, taking care to see that he makes the complete body turn changing his foot position naturally and instinctively.

We are not primarily concerned with quick draw, although it will be mentioned later, but we are assuming that in the majority of cases in which this type of firing takes place, the shooter has his gun in his hand, perhaps in a lowered position, and is anticipating its use at some time in the immediate future. After the first moment of tenseness when a shooter projects himself into a combat area with his gun in hand, he will relax a bit and usually carry his gun with the barrel pointing toward the ground at about a 45 degree angle from his body. From here it is necessary for him to raise it to enable him to fire accurately.

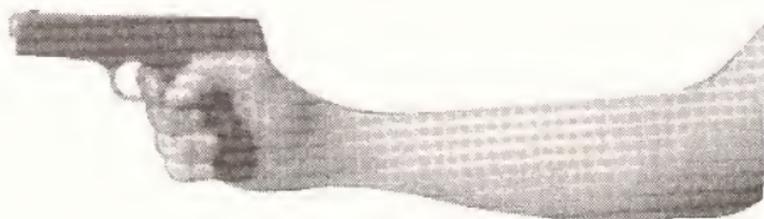
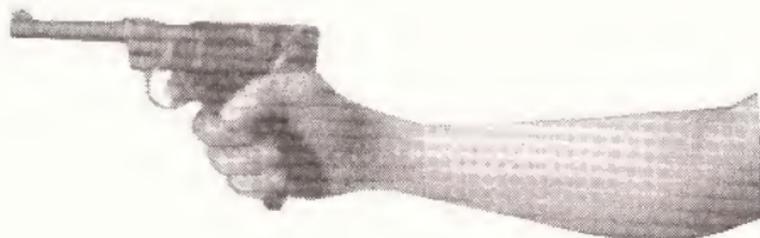
It is well to consider various weapons and their effects upon the individual in relation to his position and accuracy in shooting. It is better to practice with the weapon which the man will use in actual combat. Any of the basic fundamentals mentioned are applicable to both revolver and automatic type weapon with a few small variations in procedure due to differences in the structure of the two types of hand guns. As the pistol or revolver gripped in a vise-like manner by the shooter at the time of raising his arm and firing, the structure of the weapon will obviously effect the firing because such a tight grip invariably causes the gun to be grasped along the line of least resistance and conforms to its general design.

Outside of the North American continent the revolver is

not in much use, so first the automatic or pistol type of hand gun should be considered. Generally speaking, the automatics fall in two classes, the U. S. Army .45 caliber which is in a category of its own, and all other well-known types of automatics, both American and foreign. Considering first our .45 Colt automatic, let it be said that it is the finest military pistol in the world. It is much freer from jams and malfunctions, it is easily stripped, parts are interchangeable, the tolerance between moving parts is large and consequently a small amount of dirt or sand with which it might come in contact in field and combat conditions does not necessarily impair the function of the weapon. Because of the butt construction of the .45, a tight grip such as advocated will cause the weapon to point its barrel downward automatically, even when the arm is raised to fire. This necessitates a slight upward cocking to fire the piece.

If a shooter is instructed in this type of firing with the .45 automatic, which is frequently the case because of the ammunition supply, and is then projected into a set of circumstances where he is given any other type of hand gun for his own personal use, he will find that the cocking of his wrist which he has necessarily developed by practice with the .45 will cause him to fire high.

In instructing a student in the use of the .45 pistol, it is best either to equip it with an adapter making its gripping and pointing qualities similar to those of other automatics or revolvers, or to analyze the future prospects of the student and if there is a possibility of his using another type weapon, to make him shoot in the following manner: holding the gun in a tight grip, without cocking his wrist, arm straight and rigid, have him raise the gun to fire to a point almost on a level with the eyes. Although the distance which he raises the weapon is practically doubled because the elbow is not flexed and the time of firing is a fraction of a second more, a shooter trained in this manner can fire a .45 or any other type of hand gun with accuracy in this pointing position. Having once learned it, the shooter will not suffer and be forced to change his wrist action in changing weapons. This stiff arm method is



Top: German 9mm Luger points well.

Middle: Colt .32 points well.

Bottom: Colt .38 revolver points well.



A target shooter will shove the .45 at the target when he hasn't time to sight. The gun automatically points down, due to the structural design of the weapon when gripped convulsively. This causes a lot of misses in combat.

the best one to use in army training as the .45 Colt is the recognized military hand gun. Instruction is easier and efficiency is achieved with less waste of practice ammunition than with the flexed elbow method. The flexed elbow brings the weapon into firing position sooner, but for most purposes the fraction of a second gained is not a determining factor. More practice is also needed with the flexed elbow method.

The Colt .32, all European 7.65mm weapons of comparable type, and the Luger (Parabellum), the finest pointing of all automatic hand guns, are so constructed that a natural tight grip without the wrist cock and a slightly flexed elbow will cause the gun to point accurately when the arm is half raised so that the weapon is at a point midway between the belt and eye level for the firing position.

All that need be said concerning the revolver is that it points and feels natural in the same manner as the above mentioned American and European automatic weapons. Stress has been placed on the .45 because individuals instructed only in the use of the .45 hand gun, where they have developed the wrist



This method of shooting the .45, although slower than shooting with flexed elbow, is the best all around method of shooting without sighting. Any weapon, regardless of construction, will line up on the target properly when the arm is held in a straight locked position as shown.

cock, and forced to use some other weapon in operations will either be casualties or have frequent misses when firing.

Whenever possible, the initial instruction of the student, if his operational weapon can be predetermined, should be with the same weapon which he is later going to have to use. A gun is similar to a best-liked golf club so far as the individual is concerned. If you laid an assortment of weapons of like caliber and different make upon the table and allowed a blind-folded individual to pick up each in his hand and feel it, he would immediately react favorably to one particular weapon because of its balance and feel. This is not always possible, but it is certainly advisable to allow a man to carry the gun which he likes best. You will find that it is also the weapon with which he shoots best.

*Revolver Versus Automatic*

Much has been written on the merits of the revolver versus the automatic as a weapon of personal defense or offense. Through American law enforcement circles over 90 per cent of plain clothes men and uniformed police carry and use the revolver type. The reasons for their choice are many and varied, but much can be attributed to the fact that the revolver is the historic type of hand gun used throughout the winning of the West. Initially the revolver has better frame construction for swift and comfortable grip and draw. It is faster on the first shot (double action) than the automatic when a complete draw and firing are necessary, it has better all around balance and pointing qualities than many automatics and by using various grip adapters, can be fitted to any type of hand. European arms manufacturers have never put out a revolver comparable in shape or feel or shooting qualities to those of our country. Their principle manufacture has been the automatic hand gun.

Another reason for the use of the revolver in law enforcement has been the fact that larger calibers could be used in it than in an automatic without entailing excess bulk weight and size.

The widespread belief that the automatic is not a reliable weapon and is subject to jams and malfunctions is erroneous. Well-made automatic weapons given proper care will function dependably and efficiently.

However in military service and in other situations where weapons are issued and are carried of necessity, and the weapon carrier has no particular liking for the weapon and considers it in the same light as any other piece of equipment, it is necessary to have periodical inspections and checks to keep the gun at its top mechanical efficiency. Some of the real advantages of the automatic type weapon are that it is easier and quicker to reload, and after the first shot it can be fired with much greater accuracy and rapidity. In the instinctive pointing type of shooting groups or bursts may be initially more accurate for the beginner because of the lighter and shorter trigger pull than on the double action revolver.

The majority of jams with the automatic type of weapon can be directly traced to the magazine. On close examination, you may find that the lips which hold the shell in place under the spring tension have been dented, bent outward, or forced from their original position by dropping the magazine, or improper loading. Magazine springs should be treated properly and it is inadvisable to leave a magazine fully loaded over a period of years, causing the spring to lose its tension. Whenever possible, have more than one magazine for your weapon and change them frequently. Carry the spare magazine with one or two less shells than its capacity. Magazines should be kept dry, should not be carried loose in the pocket where they will be subject to body perspiration, lint, dust and denting from other objects in the pocket. We will not go into the subject of proper cleaning and care of weapons as many texts already written will furnish such instruction.

### *Stopping Power of Various Calibers*

There is endless controversy over the stopping power of bullets of various size and muzzle velocity. Arguments have been long and loud as to whether or not a small power high velocity bullet is more deadly than the large caliber, low velocity slug.

Generally it has been considered that the big, slow moving pellet such as the .45 is superior to a light weight faster moving bullet. The explanation for this has been that if you hit a man on the chin with your fist, all the force of the blow is transmitted to the recipient. The big slow moving bullet functions in this manner. All the energy of the bullet is exhausted at the time of impact and the bullet does not penetrate and go on through. When a target is hit with a speedy light weight bullet, it generally penetrates on through the target and sings off into space, wasting a lot of velocity and shocking power. Although the above is generally recognized as the standard argument for the larger caliber hand gun many instances are on record of such large calibers failing to stop individuals in combat, and on the other hand there are in-

stances showing where small caliber bullets have done the job as well as any other size.

Let it be said that no one caliber is best for all cases, and that although larger calibers generally are better for man killing, they are not infallible. The human factor enters in, when speaking of the stopping power of bullets. The position of a man's body at the time of impact, whether he is off or on balance, the spot hit, the size of the man, his resistance to sudden shock, his animal courage and fighting spirit all affect the stopping power regardless of caliber of the weapon or size of the bullet.

### *Holsters*

The subject of holsters is worthy of a few words. There is no need to go seriously into designs, styles, and patterns because there are various well-written and illustrated texts dealing with the subject and any large sporting goods store can fit you or take your measurement for any type of holster to fit your particular weapon. A holster should be made of the best leather. Don't jeopardize your life by a cheap holster of flimsy light weight construction. As to the position in which the holster should be worn, that is entirely up to the individual. If you are working with gun and holster in the open, have it in a place where you can move freely, where the butt is easily grasped, and where it can be drawn with speed and fired without unnecessary delay. If it is a concealed holster, always bear in mind that it should be in such a place that regardless of the type or state of your clothes, you can get to it with least possible delay and unnecessary movement. Once having chosen your spot for carrying a weapon do not change, and practice drawing your gun and firing daily.

### *Suggested Training Methods*

One successful stratagem as the first introduction to students who are going to be given combat shooting is to line them up against the butt, the instructor, standing out a few feet in front of them, fires a foot or two on each side and above their heads to give them the effect of muzzle blast from the front, which is entirely different from that behind the gun.

If you have a group who have never previously fired weapons and you have only a few training hours in shooting, the following method is successful. Show them the rudiments of the proper stance to fire from a standing position. Let them grasp the pistol for firing in the same manner as they would in the instinctive pointing type of shooting, in a tight almost convulsive grip, which will be the reaction in combat. In place of using a target let them practice firing using the sights at silhouettes at a distance of not more than 5 yards. Even the poorest student will score a fair percentage of hits on the silhouette and the result is that he feels he can hit a man if forced to and his confidence is thus greatly increased in himself as well as the weapon.

Don't ever try to teach a man to fire a gun when only a few rounds are available by allowing him to shoot at a standard practice target, because missing bulls eye makes him feel that he is not handling the weapon accurately.

Blanks can be used to great advantage in quick draw and stalking work. Take two students, placing one of them on one side of an outdoor range and one on the other. Give them pistols with blanks and let them advance towards each other taking advantage of cover. This particular type of training whether it is done in the woods, in buildings, or elsewhere is a close approach to actual combat conditions. The students must be cautioned to be sure they are firing blanks and not to fire extremely close to one another where powder blast will cause burns.

Another successful method is to make, out of plaster of Paris or plastic wood, dummy weapons which are the exact replicas of operational ones in size, weight and balance. Use these dummies for disarming practice, for practice in front of mirrors and for quick draw work.

Of all the types of shooting now in existence, none must be watched with more care for safety than instinctive pointing. Ingrain in the student the necessity of automatically checking his weapon for live ammunition each time he picks it up. Make him do so until the action becomes instinctive. It may well prevent accidents, and in actual operations may save his

life by showing how that the weapon which he thought loaded was in reality empty.

To get men to practice quick draw methods, in the complete movement of pointing, drawing, and snapping the trigger, the following has been used with some success: Pair off students who will be working together for several hours. Let them carry their guns in their holsters and proceed about any other training in which they may be engaged. Have their weapons doubly checked for safety features. (It is best to fill the cylinders with wax or by some other means which makes it impossible for a live round to be placed in the weapon). While they are proceeding about their duties, have one of them when in contact with the other give a previously agreed upon signal (such as "reach," "draw," etc.) at an unexpected time. The student receiving the command will execute a quick draw, point his gun at the one who issues the command, and pull the trigger. This method of practice gives the student the closest thing to actual combat drawing and firing which can be devised. The element of surprise in having to draw from any position and following through with pointing the weapon, and pulling the trigger as if an actual shot were fired closely simulates the real thing.

Use every means possible to develop aggressive spirit. Train the shooter to always advance toward his target when firing. Place debris in his path, make him walk through it firing as he goes. Give all types of practical firing situations which involve changing hands, running, different positions, etc.

The question of how he would react in the face of firing directed toward him and of whether his reactions would be the same as in practice has often arisen in the student's mind. The answer is yes, because practice will make his drawing or firing instinctive and he will not realize that he is actually being fired upon. This is best shown by the following example: A spectator watching one of the famous British assault courses in which live charges, live grenades, and live rounds of ammunition are fired around the men participating in the course, asks himself if he would actually be able to take such a course. From a spectator's viewpoint, it looks very spec-

tacular and the element of danger thrown in by live ammunition's striking close to his feet, charges bursting around him, and all the other battle effects is very real.

This same spectator once he enters upon such a course, is so intent on firing his own weapon, throwing his own grenades and reaching his objective that he does not heed or notice the various charges bursting around him while he is going through the course. In a large way this explains a soldier's reaction in combat. He is so intent on his own job or mission that after the initial effect he is not bothered and does not think about what is going on around him.

Through repeated experiences of individuals involved in night shooting with the hand gun, it has been found that the shooter instinctively fires at gun flashes of his enemy. This provides a real reason for moving, rolling, or getting out of the area of your gun flash the moment you fire. If, in darkness, a gun flash looks oval (the shape of a football) you will know that the enemy is firing directly at you from your front. If on the other hand, the gun flash is a streak, you will know that the shooter is firing from an angle and that you are not directly facing each other.

Teaching a man to reload his weapon quickly is often neglected. This can be attained only by practice and by establishing competitions between students to see which one reloads the fastest. This practice should be done slowly at first, and the tempo speeded up after proficiency has been reached. This practice should also be done in pitch darkness.

Students should be instructed in two handed firing for long, deliberate sighting shots. They should be shown how to take advantage of such cover as telephone poles, posts and windows. They should be shown the proper method of prone firing in a two handed rest position. The student should also be instructed and allowed to practice firing with his left hand (*i.e.* the hand not naturally used). Sometimes the right hand is put out of action and it is then possible for the man to use the gun at close quarters in his other hand.

Practice should also be given a student in firing under all types of light conditions, including complete darkness where



Two handed firing position for deliberate shots.



Alternate two handed firing position.

he will fire at sound, and he should also be taught to fire from a prone position on the floor, arm extended and to roll with each burst of shots. In all this actual combat firing, instruct the student to fire in bursts of two. Observation of the hits from burst of two shots on the silhouette will show that the average burst travels horizontally. The shots will automatically be spaced from 6 to 8 inches apart.

This gives an additional hitting probability.

#### *Firing Submachine Guns by Instinctive Pointing*

The Thompson Submachine gun, the Reising, the British Sten and all other allied types of submachine guns can be fired by the instinctive pointing method with great effect up to a distance of 40 yards. The principles which were mentioned in firing the pistol in this type of shooting are generally the same when applied to using the submachine gun without the aid of sights.

If this style of shooting is once mastered, it is possible to



Submachine gun butt resting on hip, with barrel parallel to ground.



Submachine gun butt under arm pit. Head closer to barrel.

fire any shoulder weapon, including the carbine and standard military rifles, with surprising accuracy in close quarter work from the hip position. The conditions under which the shooter fires are virtually the same. The gun will be fired from a crouch, the grip will be convulsive, and it will be fired in bursts. The principle of pointing the weapon by movement of the body instead of by use of the arms still applies.

The butt of the piece should be resting tightly against the hip, held there by the elbow and right forearm which should be pressing in toward the right side. The grip of the right hand upon the stock of the weapon should be tight. The forearm should be laying flat in the palm of the left hand which locks the weapon in such a position that the muzzle is on the same line of sighting as the pistol in the firing position. In other words, the muzzle should be in a straight line between the eyes and the belt buckle. From this position, the gun will be automatically in line so far as windage is concerned and with a slight amount of practice elevation will

take care of itself. It is easier to fire the submachine gun or like weapon in the instinctive pointing type of shooting than it is to fire the hand gun. Consequently a shooter can be trained in about 50 percent less time and with half the ammunition expenditure. From the crouch position, shooting in the above described manner, the eyes are roughly about 2 feet above the plane of the barrel. This position is also easier to fire from because as the gun is locked in position on the hip and on the forearm, there are fewer points which must be watched for correction than in the hand gun firing position where you have the elbow, the wrist, the grip and other factors to continually watch in training a man to fire properly.

There are two alternative positions which should be mentioned. The first of these is the more desirable. In the first all principles are the same except that the shooter crouches even more over his weapon than described above, and his head is lowered until his line of vision is on a plane about 10 or 12 inches above the barrel, the butt of the weapon is placed under the pit of the arm instead of resting above the



Submachine gun held incorrectly. Canting to side causes gun to shoot high and to side.



Submachine gun held incorrectly; not in line with body center or eyes.



Submachine gun held correctly. Note relation of barrel to eyes.

hip bone as in the first method. This position has the advantage of bringing the eyes closer to the line of fire of the weapon. Consequently a good many individuals can fire in this manner with more accuracy from the very first practice.

The other firing method is placing the butt of the weapon in the middle of the stomach, resting above the belt buckle, and grasping the forearm over the top instead of underneath as in the other two methods. Good results may be thus obtained, but disadvantages of not having a locked position for the stock of the weapon and of a somewhat awkward way of grasping the forearm are apparent.

As to the actual firing of the weapon, operations have shown that it is best carried on the full automatic control rather than on the semiautomatic. In practicing firing on the full automatic, the student should learn to trigger the gun in the following manner: (in place of hugging the forefinger around the trigger and pulling back) let him keep the finger rigid and strike the trigger. This gives a controlled burst of from 1 to 3 shots and at the same time keeps the weapon where larger bursts may be fired without any change in adjustment. Such things as safeties on submachine guns may be necessary in some cases, but most of the time they are placed in such a position that in adverse weather, light, or other poor conditions, it is difficult to release the safety to fire without too long a delay, which may prove fatal.

If you are entering an area where firing is imminent, have the weapon on the full automatic, trigger finger inside the guard pressing firmly against the inside of the front of the guard.

Another good method of carrying the weapon prior to entering the area of immediate firing is to keep it on full automatic with the slide forward, safety off. The only movement necessary to get the gun into quick action is to strike the slide to the rear with your left hand and pull the trigger. In the case of the Thompson M1 with the bolt on the side instead of the top as on the model 28A1 all that need be done is to turn it a little more toward the body to allow the left hand to hit the bolt handle back. The Reising cannot



The carbine can be carried and fired from these positions more accurately and faster than a .45 Colt can be drawn from its holster and discharged.

be operated in the above described manner. This is much faster than trying to fuss with an awkwardly placed safety, especially under adverse conditions.

The care of the clip in all automatic weapons is as important with the submachine gun as it is with the pistol. Until quite recently, guns of the machine gun type had been equipped with too elaborate sights and too much instructional emphasis has been placed on firing them from the shoulder only. Sights should be very simple, and the firing should take place in most cases from the hip position because primarily the submachine gun is a quick fire, short range weapon for close quarter work. This is especially true in jungle warfare, street fighting tactics, and close-in work such as shown by night raiding and commando tactics.

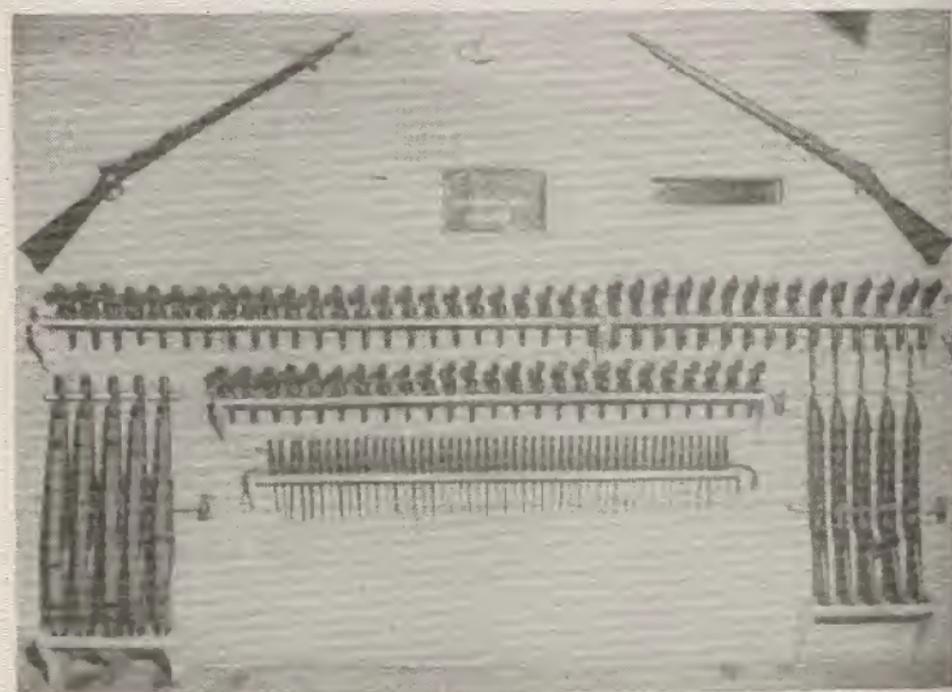
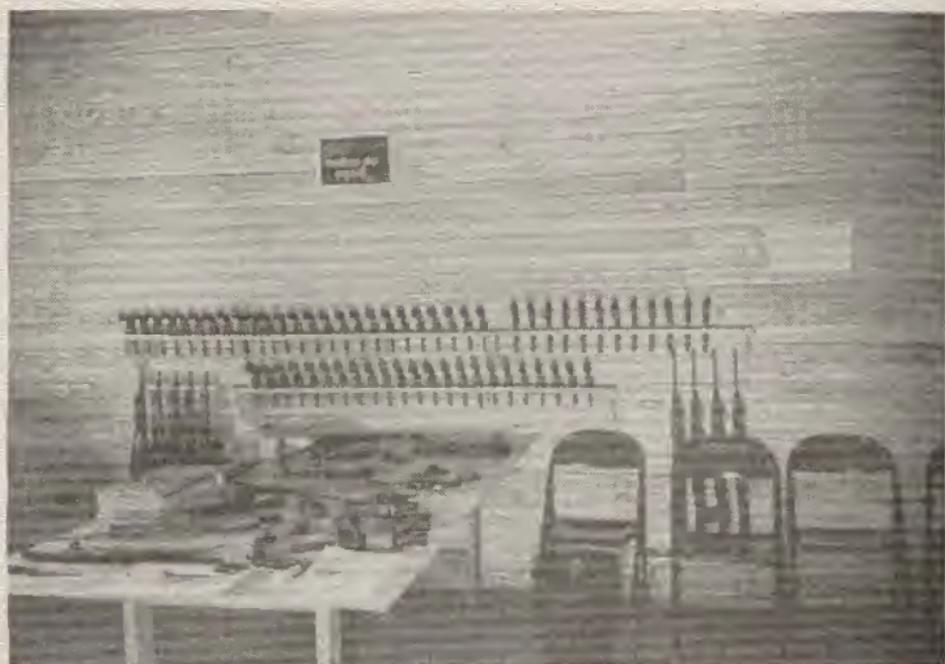
## Chapter 7

# PRACTICAL RANGES

A word should be said about practical indoor practice ranges. Such a practical range should consist of targets of the silhouette type which can be controlled from the rear of the range and made to pop out from all angles from all sides and from different degrees of elevation. Running targets, swinging targets, and any other targets of this type are good. The silhouettes can be of sizes varying from the head and



One type of indoor range with bobbing targets.



Weapons on display. Suggested arrangement to stimulate interest in practical combat firing.

shoulders up to the full body type. Practice should be on a stationary target in the beginning, progressing by degrees up where a student can score 70 per cent hits, firing in bursts of two at any exposed silhouette, in dim light. This point is ordinarily reached at the end of 200 rounds of closely supervised practice.

The student should never be allowed to use the instinctive pointing type of shooting at a distance greater than 40 feet, since most such combat firing takes place at a distance of less than 20 feet. It is perfectly possible for a shooter to get hits by using the instinctive pointing type of shooting, at distances up to 35 yards, but beyond 10 yards the percentage of hits shows a marked drop. Accurate firing at these excessive ranges is difficult.

There has been little attempt on the part of the various police organizations and other groups using the hand gun to develop practical ranges simulating combat conditions as closely as possible. Most law enforcement agencies do have



More weapons on display.

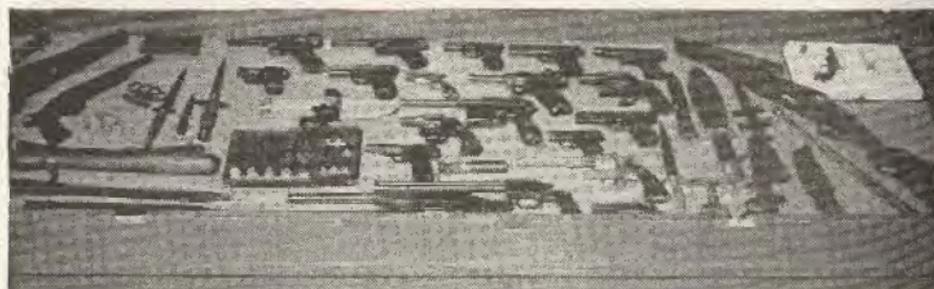
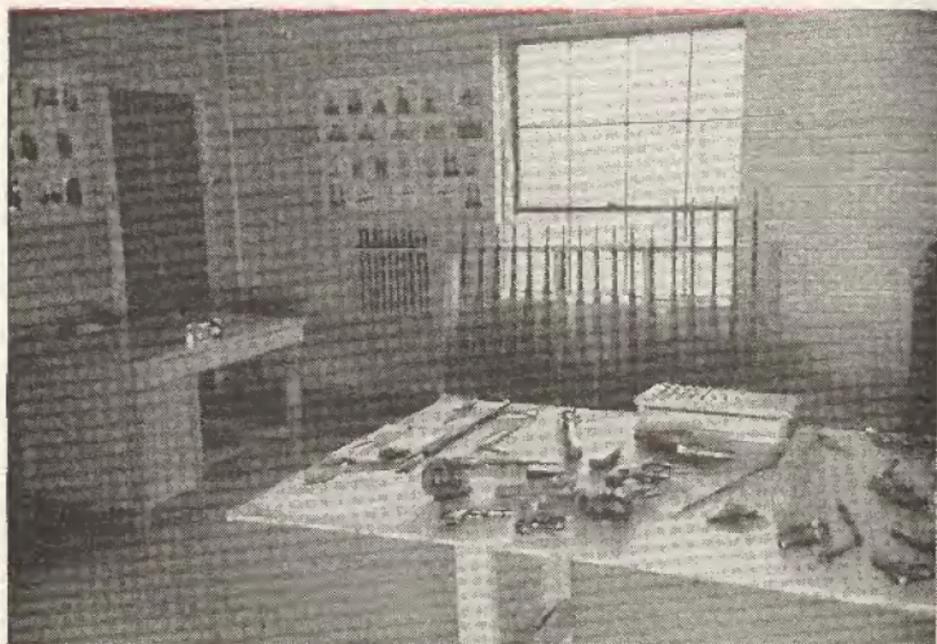


Table layout.

a course which involves running a certain distance, firing the revolver first with the right and then with the left hand, using double action and various firing positions. They are also given a certain amount of rapid fire double action shooting at bulls eye targets and other similar firing tests. Such tests are good from a practical standpoint, but the biggest difficulty is that the shooter usually fires the course only once or twice a year and is then permitted to return to target shooting. The practical shooting is not emphasized and practice in its use is not done either because of lack of interest on the part of the individuals running the shooting program, or because of the familiar old bugaboo of limited ammunition allowance. Too many organizations are more interested in competitive target shooting between groups and in collecting trophies. A combination of both types of shooting should be adopted. Good combat firing pays off not in trophies but lives. A few hundred rounds of practice in practical shooting expended over a regular period under conditions as close to those of combat as possible would save many lives and would cause many more successful conclusions in gun battles between the criminal element and law enforcement agents. This same thing applies in military channels. Our soldiers spend too much time on the range shooting at targets and not enough time shooting at man-sized silhouettes on practical combat courses.

Camp Perry had a practical range of the type mentioned in years past under the name of "Hogan's Alley," and also one known as "Swedes in the Weeds." These ranges, however, were sidelines of the main event at Perry which stressed marksmanship on the bull's eye target.

We will describe here a range which we think is practical from the combat viewpoint. The general idea is not new, but nothing concrete has been done until recently to establish such a range in the United States.

If you have available an old basement or warehouse of average size you can construct at little expense a very practical combat range. Your first precaution naturally is to make the walls, ceiling and floor sufficiently bullet proof against the particular caliber gun you desire to fire. This can be done

by adding 5 or 6 inches of plank, by sand bags, or by a dirt filling within a wooden wall. In this range you can place at irregular intervals bobbing targets, life-size silhouettes, actual dummies, and head and shoulder or small silhouettes. These can be painted to resemble men and can be easily set up so that they can be made to pop out or otherwise operate by pulling a control. Build passageways of scrap lumber or hang burlap from the ceiling to give effect. Steps, movable floor sections or similar innovations may be built into these passageways to give the same conditions which might be found in a house or basement. Bones and scraps of meat may also be strewn about to create a realistic effect. Targets may be placed at appropriate intervals in conjunction with these built-in-effects. The light should be very dim and the shooter should be projected into the range with his gun and live ammunition with instructions to shoot at sight. He should be told to fire bursts of two at any targets which arise and that he will fire to the front, right or left only, never to his rear.

The coach will follow immediately in rear of the shooter, instructing him as he goes along and watching his conduct throughout the range and his degree of nervousness or excitement. Sound effects by means of records can be used, (they can be coordinated with the targets) guns which fire blanks can be put in dummies, and any other innovation for the range may be incorporated.

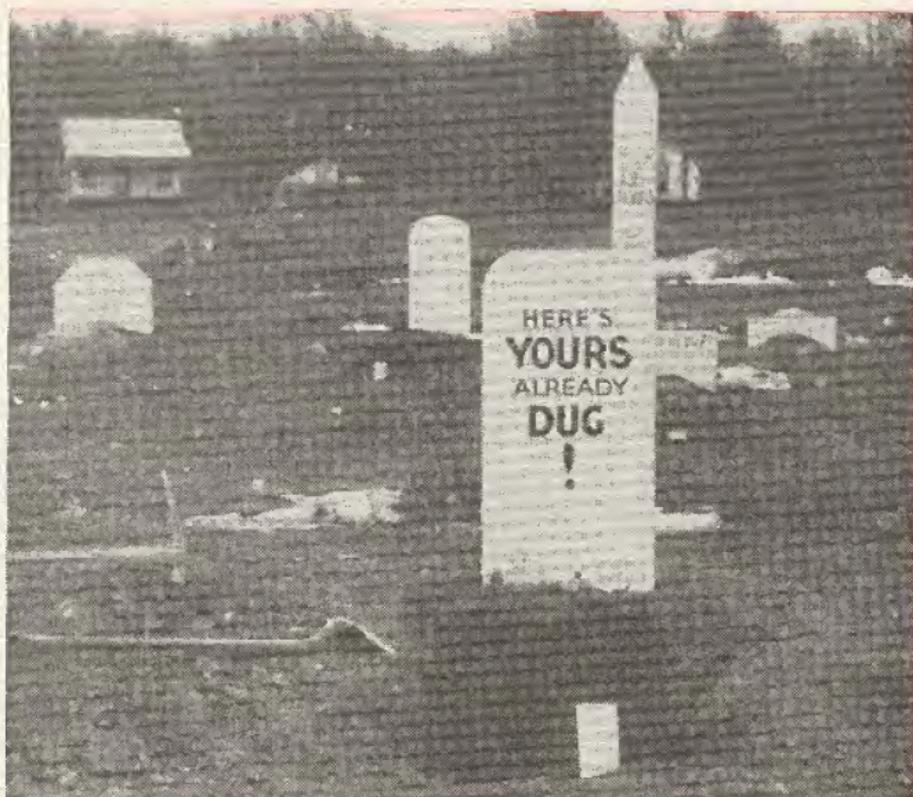
Once having gone through something of this type, the value of the instinctive pointing type of shooting is apparent to the student. Good target shots will turn out to be poor combat shots in many cases. All in all, a range of this type can be made as tough as possible. Lighting conditions may be changed, props may be changed, so that it may be used over and over again for the same shooter with the targets varying each time they are used. It is also an excellent means of determining how a man will react in combat conditions. A coach will learn a lot of things about the shooter which he would not otherwise find out.

A system of scoring in a range of this type can be made up after a few shooters have gone through and an average estab-

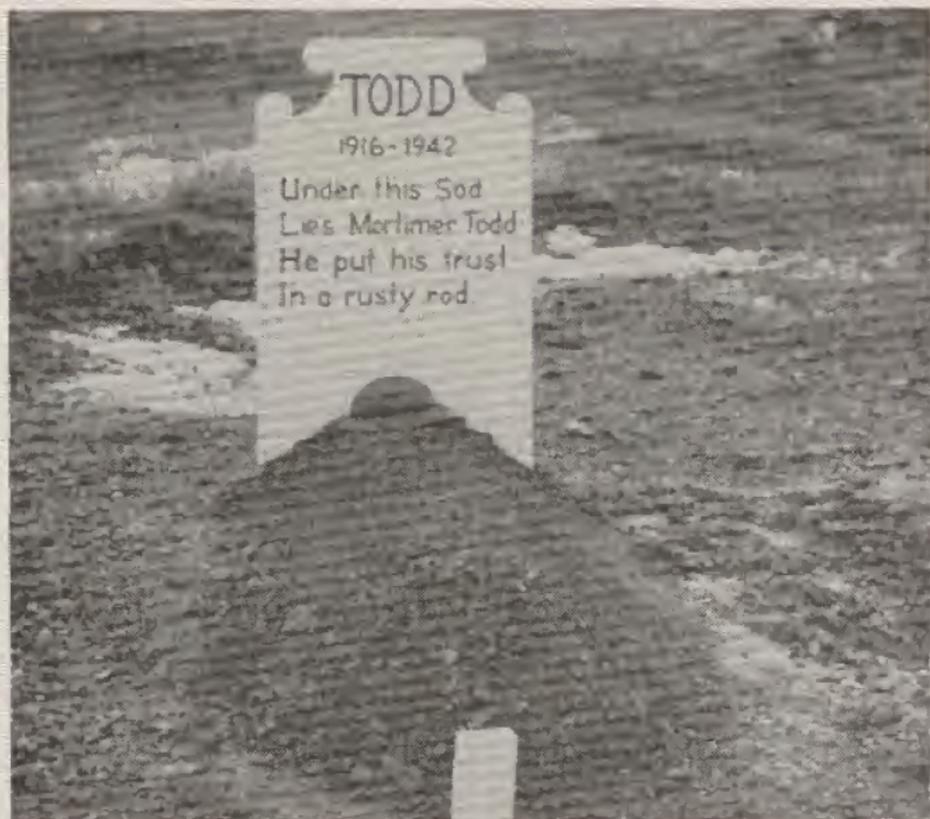
lished. When conducting a shooter through a range of this type, which is in reality an indoor assault course, the coach must always accompany the shooter. At all times he should be directly behind the shooter in such a position that he can grab his shooting arm at any instant. The coach also controls the targets and if the shooter shows signs of extreme nervousness, excitement, etc., he can modify the lighting effects, sound effects, and targets to what ever he sees fit. There is no end to the possibilities of such a range. The only limitation is the ingenuity of the builder.



A vivid object lesson course . . .



. . . laid out something like this . . .





. . . with the deadly serious idea . . .



. . . that Kill or Get Killed . . .



. . . means exactly what it says.

## Chapter 8

# PRACTICAL INDOOR COMBAT COURSE FOR THE HAND GUN

The floor plan shown here was made this way simply because the designers had a basement to work with consisting of three separate compartments as shown. The floor is dirt and all walls and pillars are covered by two inches of wood and six inches of dirt.

The procedure is as follows:

The man who is going to run the course is brought into a small room at the head of the stairs, and he is told to strap on a knife and read the instructions which are posted on the wall. He is told to wait in this room and await further instructions.

At this time, the record player is started, and, by means of a loud speaking system downstairs, the man is subjected to several record sequences such as German and Japanese speeches and foreign newscasts. The students, of course, cannot see the record player.

At the appropriate time, the coach calls the man from the room, guides him to the head of the stairs where he gives him any further instructions, asks him if there are any questions and hands him his pistol. At a signal, the record player commences the "This Is It" sequence, and the man and coach start down the stairs. At this point are "Shots and Screams" sequences.

When the student and coach reach the foot of the stairs,



target #1, which is a bobbing target, concealed behind a pillar illuminated by a red light, is exposed. After firing at this, the man and coach continue around target #1 and target #2, which is also a bobbing target concealed behind a pillar and illuminated by a red light, is exposed.

Target #3 is a one-quarter size stationary target and is exposed to the student's view by pulling aside a curtain. This target is also illuminated by a red light.

Target #4 is next encountered and is concealed behind a curtain. This also is illuminated by red light and when the curtain is pulled exposing it, the target, which is equipped with a blank pistol, fires at the student. At this point the student's gun, which is out of cartridges, is taken from him by the coach and the former is told that he will proceed through the tunnel and will be met on the other side by the coach. Before entering the tunnel, however, the coach exposes dummy "A" and the student uses the knife on it.

While the student is proceeding from target #1 to target #4, the "Gestapo Torture Scene" sequence or the "Italian Cursing" sequence is used. As the student enters the tunnel a signal is given by the coach to the record player upstairs, and the record player add-libs over the loud speaker while the student is going through the tunnel. The coach then returns to a position where he can see the student emerge from the tunnel.

After stabbing dummy "B", the student proceeds up the stairs onto the platform and then he descends into a pit about four feet deep. At the appropriate time, the coach, who is observing the student's progress, signals the record player, who in turn starts the "Sentry Killing" sequence.

The coach then pulls aside the curtain concealing dummy "C" and the student stabs it. Dummy "C" is illuminated by a blue light. The coach then takes the knife away from the student and leaves it on the ground, as the latter will not need his knife after this. Immediately after the knifing of dummy "C", the record player starts the "Dog Barking" sequence.

The coach and student now proceed to the spot marked "X3" on chart, where the coach gives the student his pistol,

pulls aside the curtain and they both proceed into the second room. Here the coach may do either of two things:

He may either expose target #5, which rises from the floor or he may ignore target #5 and have the student *pull open* the swinging door and fire at targets #6 and #7. If he uses target #5, which is illuminated by a red light, then he has the student *kick open* the swinging door and fire at target #6, which is concealed in a window and is exposed by having the shutter swing back. Target #6 is illuminated by a blue light. If he ignores target #5, he has the student *pull open* the swinging door and he exposes target #6 as described before and then exposes target #7 which rises from the floor and is illuminated by a red light.

During the firing at target #5, #6 and #7, the "Water! Water!" sequence is used. They enter the next compartment where target #8 is located. This target is in darkness and is equipped with a pistol which fires a blank at the student as he enters the compartment. To the left of the student, tin cans are set along the wall and are rattled by the coach, pulling a string. Many students fire at the noise of the cans although nothing can be seen. A blue light is on the floor near the cans.

The student next enters compartment where target #9 is situated. To enter the compartment he must *kick open* a door. This causes target #9, which is equipped with a blank pistol, to fire back at him. Target #9 is in darkness, and as the student enters this compartment the "Jap Rape" sequence is used.

Coach and student then proceed to "X4" where the coach reloads the student's pistol. This position is cut off from target #9 by a curtain and is illuminated by a blue light.

While the coach is reloading the student's pistol, the "Get That American son-of-a-bitch" sequence is used. As the coach and student pass through the curtain into the next compartment, they are confronted by a dummy which has a knife stuck in its back, and represents a dead body. This dummy is illuminated by a green light and is not to be fired at by the student, although practically all of them do.

As the coach and student pass this dummy, the "Card Playing" sequence is started and, at the appropriate time, the curtain is pulled aside exposing to the student's view targets #10, #11 and #12. These targets are illuminated by two candles which are placed on the card table in whiskey bottles. When the student finishes firing at target #10, #11 and #12, he should have two shells remaining in the pistol. As no other targets are in sight, he unconsciously relaxes, and at the psychological moment, the coach exposes target #13. This is a full size bobbing target which has been concealed behind a pillar and is illuminated by the two candles on the card table. The student is then ushered out the rear exit and the coach returns, marking the targets and resetting them in preparation for the next man.

The targets which are fired at, are made of plywood and have faces and uniforms painted on them to represent both German and Japanese soldiers. The stabbing dummies are made of salvage fatigue clothes and are provided with a face and helmet to add to their life-like appearance.

Targets #10, #11 and #12 are set around the card table and have uniforms and faces painted on them to resemble German soldiers.

This range is in the nature of an indoor combat assault course and may be constructed with scrap lumber and at very little cost. The floor plan is very elastic, and any building or basement which can be bullet-proofed may be used, and the targets situated to fit any particular plan. The usefulness of the range lies in the fact that it gives men practice firing at targets under simulated battle conditions and under all types of lighting. Men will gain confidence in themselves after they have run through the course several times and discovered the high degree of accuracy which they can attain with the instinctive pointing method of shooting (which is combat firing with a hand gun) in place of the standard target shooting method.

This range also brings out the fact to the student, when he initially fires, of how poorly the individual shoots at extremely close quarters when subjected to combat tension.

The need for the type of shooting which will enable him to make hits without using the sights is thus clearly emphasized. An indication of how certain individuals will react under strain is also furnished the coach.

In the above described range, the student who is initially sent through before any actual practice in this type of firing, will register on the average of not more than four or five hits on the targets at which he fires. Even though none of these targets are farther away than ten feet the majority are five or six. After instruction in the instinctive pointing method of shooting in all light conditions, the student will double the number of hits at the same range after a short amount of instruction; and fifteen hours' practice, both dry and actual firing, in this type of work will bring the average up to almost 90%.

A system of scoring in a range of this type can be made up after a few shooters have gone through and an average established. When conducting a shooter through a range of this type, the coach should be directly behind the shooter in such a position that he can grab his shooting arm at any instant. The coach also controls the targets.

There is no end to the possibilities of this range. The limitation again is the ingenuity of builder.

As live ammunition is used and Army Regulations state that an officer will be present at all firing the coach will always be a commissioned officer.

### *Sequences*

The sequences are more fully described as follows: The sequences which are discussed are in the form of records and are played from the machine upstairs through a loud speaking system which extends through the whole basement.

"*This Is It*"—consists of asking the student if he has his gun and if his knife is in place and cautioning him to take it easy.

"*Shots and Screams*"—a burst of shots followed by a gasp and groans.

"*Italian Cursing*"—cursing in Italian.

"*Gestapo Torture Scene*"—questioning of American-Jewish prisoner by Gestapo. Sound of blows and Germans cursing.

"*Ad-libbing Through Tunnel*"—consists of telling man that the dummy which he encounters in the tunnel is only a dead body and that he will see plenty more like that before he is done.

"*Sentry Killing*"—"There is a sentry! better use your knife on him!" . . . More loud screams.

"*Dog Barking*"—barks, snarls, and growls by an angry dog.

"*Water! Water!*"—"They got me in the guts . . . Ah! . . . Ah! . . . (groans) . . . Water! . . . Water! . . ."

"*Jap Rape*"—Jap talking to American girl followed by her screams and his sinister laugh.

"*The American Son-of-a-Bitch*"—"Let's get that American son-of-a-bitch". Followed by shots, screams and groans.

"*Card Playing*"—several Germans bidding, and arguing at a card table. Sound of coins being dropped on table.

### *Safety Precautions With Which All Officers Who Conduct Students Through Range Must Be Familiar*

1. All guns are loaded with .22 caliber ammunition only. (Colt "Ace" used in above described range.)
2. Instructor to load all guns with chamber empty when given to the student. Student, in turn, pulls slide to load.
3. Instructor follows man with right or left hand always on man to keep contact and prevent him from turning around. Also, in a position to grab man's gun in case the latter turns around.
4. All walls, pillars, and stairways are lined with 6 inches of dirt and sawdust, held by 2 inches of lumber.
5. Man is also told that there are no "booby traps", collapsible stairs, or blood spray; this tends to cut down his nervousness.
6. A buzzer system and red light at each entrance to provide for safety precaution before and during using of range.

7. All entrances are guarded while Range is in use.
8. At end of series of three stabbing dummies, knife is taken away from Student to prevent accident.
9. Also, fire extinguisher in each room of Range.
10. There is no place in Range where total darkness prevails while instructor is near Student.

*Instructions Read by Student Before Emerging Range*

You are equipped with a pistol, 24 rounds of ammunition, and a fighting knife. Upon these weapons your life depends as you go down into the darkness. Below are twelve of our enemies awaiting you as you make your way along. You will fire at these enemies in bursts of two shots. You will use your knife at appropriate times.

You will fire directly to your front, to your left, or to your right. *You will never fire to your rear.* A coach will follow immediately behind you to act as your guide and confessor.

Are you one of the quick or one of the dead?

There are no booby traps, collapsible stairs, or "blood baths" in the darkness below.

If you come out alive please tell no one else the details of what you have been through.

# JAP CLOSE COMBAT TACTICS

Note: The following chapter on the use of the bayonet by the Japanese soldier and on his close combat methods is based upon the reports of observers and contacts with men who have recently served in the Japanese Army. To date in this conflict the Jap soldier has not turned out to be any "superman" at close quarters. Guadalcanal and Attu have shown that. In the few known bayonet actions, the Jap has come out second best. Whether this is due to the "good little man against the good big man" theory, or to the caliber of troops encountered is not yet definitely known. It is believed, however, that the account given here reflects accurate information that will be useful in, and supplemented by, further combat experience.

Any discussion of close combat methods and techniques must consider the fixed bayonet a primary assault weapon of the infantry. The traditional theory of bayonet fighting is widely known and well documented. It is not necessary, therefore, to go over it again. The established training methods should prove adequate in this war in the European theater. Our major opponent there, the German, has never had much stomach for fighting with cold steel and places his greatest reliance upon fire power. There is no question that Allied bayonet techniques as they are now taught are sufficient to cope with the German soldier in bayonet fighting. Our opponent on the other side of the globe, however, in the opinion of experienced military observers, is one of the most highly skilled soldiers in the use of the bayonet in the world. The Japanese soldier has been thoroughly indoctrinated in the offensive, and, to the Japanese military mind, the bayonet is

the essential weapon of the offensive. Rightly or wrongly, many Japanese leaders consider that the Japanese infantryman with his bayonet is the only real means by which ground can be taken from the enemy and held. Their emphasis on the bayonet and its use is a direct result of the Samurai warrior tradition and its emphasis on cold steel.

One of the weaknesses of Japanese military training is its overemphasis on the prowess of the individual soldier and his bayonet to achieve objectives. Another notable weakness which has been indicated by recent reports is the fact that the Japanese soldier is so thoroughly indoctrinated in use of the bayonet that he considers the rifle merely an extension of its handle. He often forgets he has live ammunition in his weapon. He is never told that it is easier to shoot at the fleeing foe than it is to chase after him with a bayonet. First, his rifle is a handle for the bayonet; second, a firearm. His ability as a bayonet fighter is far greater than his ability as a marksman.

The Jap is taught that he is the best bayonet fighter in the world. He certainly has a great deal more training in the use of the bayonet and in close combat techniques than troops of other nations. The Japs long knew that jungle warfare would dominate their land operations; consequently, they placed emphasis on such close quarter fighting techniques in training. Military observers have reported that the Japanese soldier is given more hours of training in the use of the bayonet than in any other two military subjects in his education. This training, the Japanese Army believes, contributes greatly to the development of courage, aggressiveness, and physical prowess, as well as expertness in the use of cold steel.

The ordinary Jap rifle company spends almost half of its time at bayonet practice. An American company commander who is caught without a training program usually sends his troops out for close order drill. The Japanese company commander in the same circumstances gives them bayonet practice.

It would seem that the Japanese soldier doesn't recognize the limitations of the bayonet, and is overconfident in its use in modern warfare. This overconfidence, with a consequent

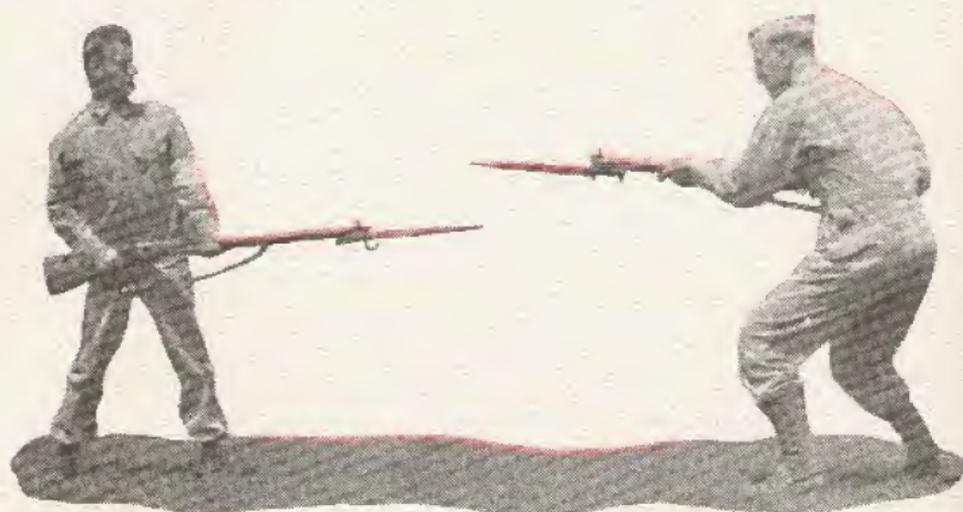
failure to keep pace with the introduction of new automatic weapons and mechanization, may lead to his eventual undoing. Once committed to a bayonet assault, they have been known to continue such assaults until their objective has been overrun, or all of their troops have been killed. Such assaults as these have been carried out in the face of extremely heavy fire and have failed, but this has not deterred the Japanese soldier from placing his reliance upon cold steel for the taking of enemy positions.

Japanese bayonet training is most interesting because the personal element is injected into everything the Japanese soldier does. Three-fourths of the bayonet drill is given over to personal combat between men. As much training as possible is done with the naked bayonet against opponents covered with protective armor and masks. The thrust is used to the exclusion of all other forms of attack, and the butt stroke is seldom brought into play by the Japanese soldier. It is well to note in the accompanying pictures that the Japanese soldier always keeps his rifle butt low, protecting his groin and stomach. It is never far from his body as he does not use a long thrust. If the first thrust fails, he often drops his rifle and goes for the enemy's eyes and testicles. This instantaneous dropping of the weapon after a missed thrust and his first attack with the thumbs to the eyes and the knee to the groin, made with the momentum of the attack, usually finds the opponent unprepared and still clutching his rifle in his hands. Japanese soldiers work in pairs as far as possible if they have numerical superiority. One soldier engages the enemy and, if he fails to kill him on the initial thrust, blocks his movements so that his partner can come in and deliver the finishing stroke.

The Japanese parry and thrust is all done in one movement. The essence of the Japanese bayonet man in attack lies in the aggressiveness and speed of the initial thrust. He loses no time in advancing, and every attempt is made to get in the first thrust or cripple the enemy in close combat if the thrust should not reach its mark. The parry is used only to create an opening for an immediate thrust. This parry is done so

quickly that by watching it with the eye, one can hardly see the distinction between the parry and thrust since both are done in one concerted movement.

In the bayonet assault, the Japanese soldier, before making contact, seems to be directing the point of the bayonet toward his opponent's left side, but at the moment of engagement, a lightning parry is made to the Jap's left, combined with a thrust to the body center. This type of parry has been designed to counteract the enemy's rifle and bayonet, and it is extremely difficult to see or counteract, particularly under the momentum of the charge.

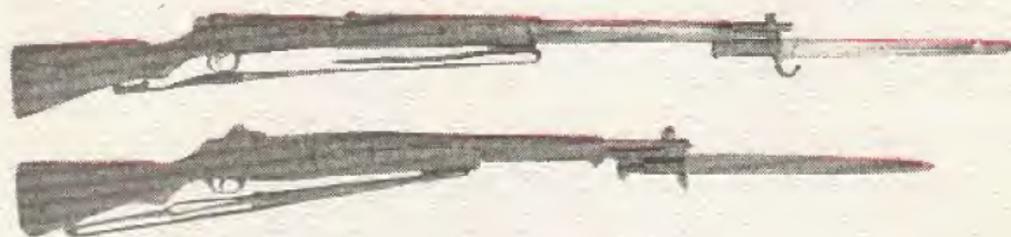


Preparing for stomach thrust.

The Japanese soldier aims at the center of the body because it is the easiest to hit and pierce. The thrust to the throat is not emphasized because he considers it a small target and more easily moved from the line of the bayonet thrust. In conjunction with the assault, which is made at top speed, the Jap shouts his battle cry in order to weaken the morale of the enemy and thrusts the bayonet at the opponent's stomach with his full might and momentum.

Before discussing specific Japanese techniques it is well to consider the comparative overall length of the Japanese and the American rifle and bayonet. Such a comparison made between an Arisaka rifle and bayonet and a Garand rifle and

bayonet will show that the overall length from tip to butt of the Japanese rifle is 6 inches greater than the American. This, combined with the method with which he holds his rifle in the "on guard" position, gives him a total of 10 inches over the American in a similar "on guard" position. Naturally, this compensates for his smaller stature and, other things being equal, his superior training makes him better than his enemy in his own mind.



Japanese Arisaka rifle (above) compared with Garand rifle.

The Jap thrust is of the nature of a short jabbing motion, delivered with the arm and with the body weight behind it. It is unlike our long thrust in that the Jap does not lunge forward on one foot committing himself to an off-balance position if he misses. Rather, he slides forward with both feet, and has a control of balance at all times, regardless of a mis-thrust. Japanese bayonet technique will differ in a general way among different units. The reason is that they approach training in a particularly practical manner, and certain units are taught to fight certain enemies (i.e. British, Americans, or Chinese) and under definite conditions which they expect to encounter.

The following information on Japanese bayonet fighting was obtained from contacts with Japanese men now in the U. S. Army who have had Japanese ROTC training and have seen actual service in the Imperial Japanese Army: One informant relates that his Japanese outfit had a full-sized figure of an American soldier in battle dress near its barracks where the troops could see it and inspect it at all times. In this particular section the entire emphasis was directed toward orienting these soldiers to face American soldiers in combat

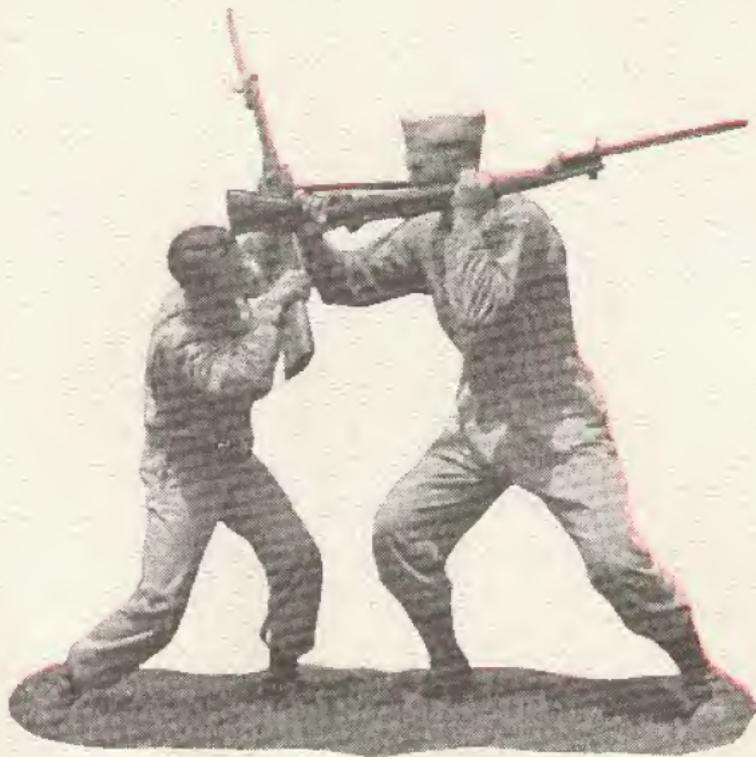
and to counteract American combat techniques. The Japs were taught a set defense for every American offense. On their bayonet course, Japanese soldiers wearing protective armor and using American bayonet technique were used as dummies for the rest of the troops running the course. The Japanese soldier is taught that the American soldier is in-



Jap dodges long thrust to throat and counterattacks with thrust to stomach.

structed to lunge for the throat, by means of the long thrust. To counteract this the Jap merely moves his head and neck to one side while the body remains stationary, and he meanwhile executes a short thrust to the American's mid-section. As a general rule, if he has had this training, he will let the American soldier make the initial move in the bayonet fight. This is because he feels sure that he knows where the attack will be made and of his own ability to parry and counter it success-

fully. If at close quarters the American tries a horizontal butt stroke or smash to the face, the Jap ducks under the American's arms and parries by bringing his gun across his body and driving it against his opponent's wrist and forearm nearest to him. He uses the steel part of the rifle around the bolt to do this, and endeavors to break the arm. He follows this parry through by tripping his opponent and getting him off balance.



Parry of butt-stroke with blow against forearm.

In a bayonet assault by American troops, the Japanese soldier has been trained to wait for the long thrust to the throat area. At the time of this thrust, the Jap drops down on one knee with body and head close to the ground. The rifle butt is on the ground against his knee and the bayonet directed at his opponent's stomach. As the American lunges forward with all his force and weight, his momentum impales him on a Japanese bayonet when he misses.

As the Japanese soldier has been taught that the American bayonet technique is primarily based on the long thrust to the throat area, anything which is done by the American bayonet man contrary to this principle will place the Jap at disadvantage because of the mechanical nature of his training, which affects his combat reactions. In other words, to supplement



Parry of attempted thrust by ducking under and blocking with rifle.

the present American bayonet technique, there are three possible alternatives which should deal successfully with the Japanese in combat.

First is to aim for the mid-section of the body in the charge, holding the butt close-locked on the hip, not giving a long thrust in contact, but relying upon the momentum and unexpectedness of the maneuver. This method of bayonet assault, incidentally, is common among all troops regardless of



The long thrust of the American technique.



Dropping down to dodge long thrust while impaling onrushing opponent.

previous training and technique when they are committed to actual combat.

Second, in a situation where both individuals are in contact and have not the benefit of momentum as in a charge, by feigning a long thrust to the throat, the Japanese soldier, because of his training may go to his knee to make his counter in anticipation. The American, of course, will follow in, parry, and use a butt stroke on his opponent.

Third, approach with rifle at port which, incidentally, is the normal way an American soldier will carry his rifle into the attack just before contact. Held at port, the rifle can easily parry the Jap's thrust if he is allowed to make the initial movement. From the parrying, the butt stroke is a natural climactic action.

Observers have also reported that the Japanese are as much disconcerted in attack by American yells, noises, etc., as any other troops.

### *Further Japanese Close Combat Technique*

The Jap is extremely testicle-conscious and will usually direct his attack toward the region of the groin, or he will go for the eyes. When locked in man-to-man combat, the Jap will often endeavor to use a hip throw to down his opponent. The Jap is not averse to going to the ground with his opponent as he is trained to fall in such a way that the point of his elbow is driven into the other man's ribs, stomach, or chest. He tries particularly to ram his elbow into the third rib from the top which, he is taught, is a very vulnerable spot. If a Jap is unarmed and is faced by an enemy with a bayonet, he will await the thrust, duck and grasp the rifle, pull his enemy toward him and throw him over his hip.

When taking a Jap prisoner, remember that if he is not too battle weary he will sell his life dearly, especially to get an officer.

Handling a Jap prisoner is not without risk for the reason that it has been drummed into him that he is invincible and will never be in a situation where he will be taken prisoner. Consequently death is preferable to capture to many Japs.

Stay well away from him, else he may knock your weapon aside and move in on you.

A trick which they picked up from the Chinese is used when being marched with a bayonet in the back. While in the process of taking a forward step he will pivot and turn on his opponent. In this way the necessity of halting before pivoting, which may prove fatal, is eliminated. This trick is one that has been picked up and is not formally taught the Jap soldier.

A Jap, when taking a prisoner, is taught to stay away from him and not hold the gun too close. He will always keep his eyes glued on his prisoner's eyes, either in bayonet fighting or handling of prisoners. When a Jap uses a bayonet and rifle in taking a prisoner, he sometimes will hold his rifle on its side and any blow at the bayonet in an attempt to disarm by a prisoner will result in a wound on the sharpened edge. However, this is not sufficient to stop a determined disarming attack by a trained man.

No fighting knife (up to recent date at least) is regularly issued in the Japanese Army. However, the majority of them carry knives concealed on their persons, and as a general rule they are skilled in their use. Many of these knives are passed down from one member of the family to another and are revered with all traditional Japanese rites.

Inasmuch as the Japanese jiu-jitsu technique is largely based on throws, the American soldier when faced by the Jap in hand to hand combat would do well to keep as low as possible in closing with him. This method seems to defeat the Jap's trained method of attack and he is also at great loss when faced by an American who comes in swinging with his fists, or uses his feet or other blows.

Because of his small stature in hand to hand fighting as well as with the bayonet, he tries to get under his opponent's arms, grabbing him by the waist, etc., preparatory to the throw or a strangle. He is trained in the use of trips and works a great deal on his opponent's legs and testicle area.